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OUTLINE OF

THE CURRICULUM IN PHYSICAL EDUCATION FOR MEN

AT THE UNIVERSITY OF ILLINOIS

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Published By
Information Office
University of Illinois
Urbana, Illinois
1935.

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1935/36

PREFACE

This booklet presents the essential features of the general (non-professional) curriculum in physical education for men at the University of Illinois.

The curriculum is based on the thesis that education is a process of directing individuals in learning activities that will contribute to socially efficient living.

The principal (all-inclusive) objective of the curriculum, stated in terms of the learner's conduct, is: "Participating in a variety of sports according to social and hygienic standards." The curriculum thus is centered in directing the students in learning:

1. Sports (which will be useful leisure time activities)
2. Sportsmanship (which will contribute to social welfare)
3. Healthmanship (which will contribute to individual welfare)

Some time and attention is also devoted to the following objectives: (These, too, are stated in terms of the learner's conduct).

1. Appreciating artistry and accomplishment in the performance of sports.
2. Comprehending the significance of sports in life (culture) - both historically and currently.
3. Understanding the place of sports in one's personal life.
4. Teaching and directing others in the performance of sports.

The facilities used in connection with the curriculum are listed below. Several additional rooms and fields are available and used occasionally.

1 gymnasium 50-ft. x 125-ft.
1 gymnasium 80-ft. x 150-ft.
1 gymnasium 90-ft. x 160-ft.
1 gymnasium 40-ft. x 80-ft.
1 natatorium 24-ft. x 75-ft.
1 natatorium 30-ft. x 75-ft.
16 four-wall handball and squash racquet courts
6 concrete tennis courts
1 sports field 300-ft. x 300-ft.
1 sports field 500-ft. x 600-ft.
1 sports field 400-ft. x 800-ft.

The curriculum outlined in the present booklet is the product of eight years of study, experimentation, and revision. It is still being subjected to these procedures.

The materials, plans, regulations, etc., submitted here are subject to change without notice.

For information concerning the curriculum, inquire at Room 201, Men's Old Gymnasium.

S. C. Staley,
Professor of Physical Education.

TABLE OF CONTENTS

Page

General Regulations..... 4 - 7

Proficiency Examination Regulations..... 8

Intersectional Competitions..... 9 -10

P.E. 20a, 20b, 20c, 20d, Adapted Activities.....11 -15

P.E. 21a, 21b, 21c, 21d, Special Activities.....16

P.E. 23, Volley Ball.....17 -18

P.E. 24, Beginning Swimming.....19 -20

P.E. 25, Individual Tumbling Stunts.....21 -23

P.E. 26, Double Tumbling Stunts.....24 -26

P.E. 27, Apparatus Stunts.....27 -30

P.E. 28, Boxing.....31 -32

P.E. 29, Wrestling.....33 -35

P.E. 30, Fencing.....36 -37

P.E. 31, Soccer.....38 -40

P.E. 32, Golf.....41 -43

P.E. 33, Tennis.....44 -46

P.E. 34, Softball and Ice Skating.....47 -49

P.E. 35, Tap Dancing.....50 -51

P.E. 36, Clog Dancing.....52 -54

P.E. 37, Individual Athletics.....55 -57

P.E. 38, Circus Stunts.....58 -69

P.E. 39, Advanced Circus Stunts.....70 -76

P.E. 40, Games, Contests, and Relays.....77 -78

P.E. 41, Advanced Swimming.....79 -81

P.E. 42, Life Saving and Diving.....82 -84

P.E. 43, Water Polo and Ice Hockey.....85 -88

P.E. 44, Handball.....89 -90

P.E. 45, Squash Racquets.....91 -92

GENERAL REGULATIONS

University Requirement. The University of Illinois requires each undergraduate student to secure four semesters credit in physical education for graduation. The University also requires each student taking the pre-medicine course, the pre-law course, the pre-dentistry, and the pre-pharmacy course to secure four semesters credit in physical education in order to be approved for transfer to these respective colleges. The four credits must be secured in four different courses.

Health Examination. All new students are required to take a health examination before registering. This examination is given by the staff of the Health Service Department at the Health Service Building. Any student, whose condition is doubtful, may be recalled for reexamination at any time. Any student, who so desires, may be reexamined at any time.

Students With Defects. Students with seriously defective conditions (so serious that they necessitate excuse from Military Training and suggest special attention) are required to enroll in P.E. 20a (20b, 20c, and 20d), Adapted Activities. Students with slightly defective conditions (though not serious enough to necessitate excuse from Military Training, but serious enough to suggest special attention) are required to enroll in P.E. 21a (21b, 21c, and 21d), Special Activities.

Students assigned to Adapted Activities or Special Activities must continue to enroll in these courses until removed by the Health Service Department. Enrollment may be for one, two, three, or four semesters. If removed before securing four credits, students are free to elect from the other courses.

Students are removed from the courses in Adapted Activities and Special Activities when their conditions have improved sufficiently to warrant removal.

Students Without Defects. Students without defects may elect any of the courses offered, except Adapted Activities and Special Activities.

Enrollment Regulations. All students, except those who have been granted special permission to do otherwise, are required to enroll continuously in physical education until they have completed the requirement. Permission to defer enrollment is granted by the respective college deans on the presentation of an adequate reason.

Students are not permitted to enroll in more than one course per semester except by special permission. Permission to enroll in more than one course at a time is granted by the head of the department of physical education.

Frequency of Class Meetings. The classes in Adapted Activities meet three times per week. All other classes meet twice a week.

Length of Class Meetings. All classes meet for thirty minute periods, starting ten minutes after the regular class period begins, that is, ten minutes after the hour, and stopping ten minutes before the regular class period ends, that is, twenty minutes of the hour.

Credit. The course in Adapted Activities carries one hour credit. All other courses carry one-half hour credit.

Failure Provisions. Students who fail a course are not required to repeat it. They may repeat the course or take a different course in the succeeding and later semesters.

Special Examinations. Students may take special examinations in all courses, except Adapted Activities, Special Activities, and "Games, Contests, and Relays", by securing permission from the head of the department and paying the special examination fee (five dollars).

Method of Class Conduct. All classes are conducted in an informal manner. The work is carried-on on the principle that each student must assume responsibility for his own learning. The instructor serves as a guide, counselor, and examiner.

Grading Arrangements. Students are graded according to the regular university grade scale: A, excellent; B, good; C, fair; D, poor; E, failure. Grades are derived principally from examinations designed to test learning in the skills, knowledges, dispositions, and conditions related to the activities covered.

Attendance Regulations. Absence and tardiness is handled according to standard university practice. Any student who is tardy or absent a total of five times is reported to the Dean of his College for checking. Any student who is tardy or absent a total of ten times is reported to the Dean of his College with the recommendation that he be dropped from the course.

Electives. Students are permitted and urged to take additional courses after completing the requirement.

No Substitution. Students are not permitted to substitute participation in extramural or intramural sports for the curriculum courses.

Laboratory Fees. All of the courses, except "Soft Ball and Ice Skating", and "Water Polo and Ice Hockey", may be taken without additional cost by all regularly matriculated students. A laboratory fee of $2.25 is charged for the excepted courses to cover rink costs. This fee is paid to the Bursar at the time of registration.

Equipment. The University supplies all general equipment, such as volley balls, soccer balls, water wings, etc., free of charge. Personal equipment such as tennis racquets, golf clubs, handballs, etc., must be furnished by the student. (See the course outlines for details).

Costume. Each student is required to furnish his own costume. A specific costume, adapted to the needs of the activity or activities covered, is used in each class. The costume used in each

class is selected from the articles listed below: (See the course outlines for details).

white cotton shirt with sleeves
white duck trousers
grey cotton sweat shirt
grey cotton sweat pants
blue cotton drill shorts with orange stripes
white cotton fencing half jacket
white wool socks
ankle-high canvas-rubber shoes (any color)
soccer shoes (or a suitable substitute)
Oxfords with taps
golf shoes
black rubber swimming cap

Students are permitted to attend class only when clad in the proper costume in a clean condition.

Textbooks. A textbook is prescribed for each course. Copies of these books are on file in the North Reserve Room in the Library.

Term Papers. A term paper is required of each student enrolled in each course. These papers deal with the fields of sports, recreation, play, leisure time, wild life conservation, etc. A different topic is assigned to each course.

All term papers must be from 1000 to 2500 words in length, They must be written in accordance with the plans prescribed for themes in Freshman Rhetoric. They must be turned in some time between the sixth and fifteenth week of the semester; the exact date is announced by the Instructor in each class. (See the course outlines for details).

All books cited for review in the course outlines are on file in the South Reserve Room in the main library. Books may be withdrawn for one week. All magazines cited for review or reference in the course outlines are on file at the loan desk. Additional copies of some of the books and some of the magazines are on file in the Library.

The "Reference Topics" listed in the course outlines are suggested topics for looking up source material in the Card Catalogue and the Readers Guide. The "Reference Magazines" listed in the course outlines are also sources for material.

Personal Consultation. The members of the physical education staff are available for consultation by the students at all times regarding physical education, health, sports, and recreation problems. (See the Faculty Directory for a statement of office hours.)

Service Fee. Each student registered in physical education is required to pay a service fee of one dollar per semester. This entitles the student to the use of a locker and a towel for a semester. This fee is collected by the Bursar at the time of registration.

Locker. Lockers are assigned by the service attendant on the presentation of the fee receipt and one dollar deposit for the use of a padlock. This deposit is refunded when the padlock is turned in. Students are not permitted to use private padlocks.

Towel. Towels are distributed by the service attendant on the presentation of the fee slip (stamped by the Bursar) and fifty cents deposit. The deposit is refunded when the towel is turned in. Students may secure clean towels at any time on the presentation of a used towel to the locker room attendant.

Lost and Found. Articles found in and about the sports plant are turned in to the service attendant. Students losing goods in and about the sports plant should inquire of the service attendant.

PROFICIENCY EXAMINATION REGULATIONS

Proficiency Examination Provision. The four semester credits in physical education required for graduation may be secured through: (a) Taking and passing scheduled physical education courses, (b) Taking and passing proficiency examinations, (c) Or a combination of (a) and (b).

A student, for example, may meet the requirement through taking and passing 4 courses and no proficiency examinations, or taking and passing 3 courses and 1 proficiency examination, or taking and passing 2 courses and 2 proficiency examinations, etc.

Nature of Examinations. In general, the proficiency examination in each course covers the same materials as the regular course examination. In order to secure credit for a proficiency examination, a student must secure the equivalent of a "C" grade or better. (See the course outlines for details).

Prohibitions. Students are not permitted to take proficiency examinations in courses in which they are registered. (Students, therefore, should not register in courses in which they propose to take proficiency examinations).

Students enrolled in Adapted Activities and Special Activities are not permitted to take proficiency examinations. All other students may try any or all of the examinations.

Offerings. One proficiency examination is offered in each course except Adapted Activities, Special Activities, and Games, Contests, and Relays, each semester. With the following exceptions (ice skating and ice hockey in the first semester, and golf, tennis, softball and soccer in the second semester), these examinations are given during the first two weeks of the semester. (A schedule is posted).

Repetition Permitted. Students who have taken a proficiency examination in any course and failed may try it again in a succeeding semester.

Outside Preparation. Students are urged to prepare themselves for proficiency examinations during their spare time and secure as many credits as possible in this manner.

Special Notice. Passing a proficiency examination does not exempt a student from taking work in physical education during the current semester. All students, excepting those granted the privilege of deferment, are required to enroll in physical education until all four credits have been secured.

INTERSECTIONAL COMPETITIONS

Offerings. Intersectional competitions are held in each of the following activities (courses). (There are two or more sections in each course offered in the curriculum in physical education).

Ping Pong (P.E.20&21)	Apparatus Stunts	Ice Skating
Horseshoes (P.E.20&21)	Boxing	Tap Dancing
Handball One-Wall (P.E.20&21)	Wrestling	Clog Dancing
Badminton (P.E.20&21)	Fencing	Individual Athletics
Volley Ball	Soccer	Advanced Swimming
Beginning Swimming	Tennis	Water Polo
Individual Tumbling Stunts	Golf	Ice Hockey
Double Tumbling Stunts	Softball	Handball
		Squash Racquets

Frequency. Competitions are held each semester in each of the activities listed above except Golf, Tennis, and Horseshoes. The competitions in Golf, Tennis, and Horseshoes are conducted only during the second semester.

Purpose. The primary purpose of these competitions is to secure out-of-class participation in the several activities. Incidentally, they serve to motivate student learning in the respective courses.

Enrollment. The competitions are open only to students registered in the respective courses. In all courses, except Adapted Activities(and Special Activities),Boxing,and Wrestling, everyone registered in each respective course is eligible to participate in the intersectional competitions.

In Adapted Activities (and Special Activities) only those students whose applications are approved by the Instructor are permitted to enter. In Boxing and Wrestling previous competitive experience precludes participation. Each candidate for competition in Boxing and Wrestling must also be checked by the Department of Health Service; only those approved by this Department are permitted to compete.

Date of Competition. All intersectional competitions, save Softball, Skating, Water Polo, and Ice Hockey are held some time during the last three weeks of the semester. The competitions in Softball and Water Polo in the first semester is held during the eighth or ninth week. The competition in Ice Skating and Ice Hockey in the second semester is held during the eighth or ninth week. In all cases the exact dates are posted and announced.

Entrance Fee. Each contestant in these competitions is charged an entrance fee of twenty-five cents.

Medals. The first place winners in some events, and the first place winners and second place winners in other events are awarded medals. (See the course outlines for details).

Sportsfest. In the fall semester the finals in Ping Pong, Individual Tumbling Stunts, Double Tumbling Stunts, Boxing, Wrestling, Fencing, Tap Dancing, Clog Dancing, and Volley Ball are run off in a joint meeting called the Sportsfest.

A True Illini Sportsman:

1. Will consider all athletic opponents as guests and treat them with all of the courtesy due friends and guests.
2. Will accept all decisions of officials without question.
3. Will never hiss or boo a player or official.
4. Will never utter abusive or irritating remarks from the sideline.
5. Will applaud opponents who make good plays or show good sportsmanship.
6. Will never attempt to rattle an opposing player, such as the pitcher in a baseball game or a player attempting to make a free throw in a basketball game.
7. Will seek to win by fair and lawful means, according to the rules of the game.
8. Will love the game for its own sake and not for what winning may bring him.
9. Will "do unto others as he would have them do unto him."
10. Will "win without boasting and lose without excuses."

A True Illini Healthman (in Training):

1. Will practice his sport regularly for at least one month prior to active competition.
2. Will secure an adequate amount of sleep (usually eight hours daily) in a properly ventilated room.
3. Will eat temperately, at regular times (and not between) during the period of training.
4. Will not engage in practice or competition within one hour after eating.
5. Will take a cleansing bath, and dry thoroughly with a clean towel after each practice and contest.
6. Will refrain from smoking and drinking during the period of training.
7. Will wear proper and sufficient clothing before, during, and after each practice and contest.
8. Will wear clothing that is neat and clean in both practice and competition.
9. Will warm up gradually before each practice and contest.
10. Will attempt to avoid injuring himself, teammates, and opponents.
11. Will seek medical advice immediately when sick or injured and will follow the same.
12. Will observe common sanitary precautions in personal conduct in and about the locker room, floor, field, and pool.

P. E. 20a, 20b, 20c, 20d, ADAPTED ACTIVITIES

Admission. This course is open only to students who are assigned to it by the Department of Health Service - it is open only to students whose condition prohibits enrollment in the basic military training course and suggests participation in a program of adapted activities.

Relationship of the Four Courses. The four courses indicated above constitute the first, second, third, and fourth semesters, respectively, of the complete program in Adapted Activities. Students assigned to this course must remain in it until they have secured four semesters credit or until they are removed by the Department of Health Service, registering in the several courses successively. The four courses are conducted conjointly; all follow the same plans and procedures. The outline given below presents the essential features of each course. The only differences in the four semester programs are in the term paper topics, which are different for each semester, and in the programs of sports and exercises, which are readapted each semester.

Costume. Grey cotton sweat shirt, grey cotton sweat pants, white wool socks, and canvas-rubber shoes.

Textbooks. Stafford, G. T. Individual Exercises. New York: A. S. Barnes & Co., 1935.

Stafford, G. T. Preventive and Corrective Physical Education. New York: A. S. Barnes & Co., 1928. 328 p.

Lowman, C. L., Colestock, C. and Cooper, H. Corrective Physical Education for Groups. New York: A. S. Barnes & Co., 1928. 521 p.

Rathbone, Josephine L. Corrective Physical Education. Philadelphia: W. B. Saunders Company, 1934. 292 p.

Objectives. The ultimate (conduct) objectives of the course are as follows:

I. Engaging in a program of hygienic activities that will contribute to:
   a. correcting certain defects or organic disturbances which are subject to correction.
   b. protecting against further injury or deformity certain conditions which are not subject to correction.

II. Participating in a program of sports adapted to individual needs, interests, and capacities.

III. Engaging in sports in a sportsmanlike manner.

IV. Engaging in sports in a healthmanlike manner

Preliminary Procedure. This course is conducted on the thesis that each student enrolled is a separate case and if the most satisfactory results are to be gained, each must be handled individually in terms of personal needs, capacities, and interests. This entails the use of certain preliminary class procedures. These preliminary procedures, stated briefly, are as follows:

The first step consists of having each student make out a personal health scale. (This covers the student's health knowledge and health practice.) Each one is then given a physical ability test. (This covers strength, endurance, and skill.) This is followed by a consultation with the Instructor at which time the information presented in the health examination report, the health scale report, and the physical ability test report, is reviewed. This conference is centered in discussing the ways and means for correcting and protecting the student's condition.

At the conclusion of this conference the student and Instructor, jointly, formulate two programs of activities for the student: (1) A program of hygienic activities to be practiced outside of class, (2) A program of sports (and exercises) to be learned in class.

Adapted Hygienic Activities. The program of hygienic activities for use outside of class is adapted to each individual's condition. It is assumed that practicing these activities will contribute to correcting or protecting the student's condition. The program includes eating, sleeping, clothing, exercises, operating, and similar hygienic and medical practices. (This program is modified later if subsequent observation and experience seem to warrant it.)

Adapted Sports (and Exercises). The program of sports (and exercises) to be learned in class is adapted to each individual's condition. The program assigned at this time is modified later if subsequent observation and experience seem to warrant it. The activities included here are selected from the list of activities presented below.

The great majority of the activities assigned here are sports. These activities are taught on the assumption that the student will not only practice them in class, but, having learned them will participate in them(at least some of them) in the future outside of class. In doing this the student secures both immediate and future benefits from the activities. In some cases participating in the assigned sports will contribute materially to correcting or protecting the student's condition. In all cases participating in the assigned sports will contribute to healthful and happy living.

Exercises are assigned only to a limited number of individuals - to those individuals who for some reason are prohibited temporarily from participating in all sports, or those individuals to whom the temporary performance of a limited program of exercises might prove beneficial.

The program of sports (and exercises) assigned to each individual usually involves one of the following class attendance arrangements, though other arrangements are occasionally used when conditions seem to warrant it.

P.E.20a, 20b, 20c, 20d, Adapted Activities.

(1) Attendance at the scheduled class in adapted activities, three days per week
(2) Attendance at the scheduled class in adapted activities, three days per week, plus attendance in one standard physical education class, two days per week
(3) Attendance at the scheduled class in adapted activities, one day per week, plus attendance at one standard physical education class, two days per week
(4) Attendance at the scheduled class in adapted activities, one day per week, plus attendance in two standard physical education classes, four days per week

The standard classes in physical education to which students may be assigned are listed below. In each case the class includes instruction and practice in the indicated activity or activities. (See the course outlines for details).

P.E.23, Volley Ball
P.E.24, Beginning Swimming
P.E.25, Individual Tumbling Stunts
P.E.26, Double Tumbling Stunts
P.E.27, Apparatus Stunts
P.E.28, Boxing
P.E.29, Wrestling
P.E.30, Fencing
P.E.31, Soccer
P.E.32, Golf
P.E.33, Tennis
P.E.34, Softball and Ice Skating
P.E.35, Tap Dancing
P.E.36, Clog Dancing
P.E.37, Individual Athletics
P.E.38, Circus Stunts
P.E.39, Advanced Circus Stunts
P.E.40, Games,Contests,& Relays
P.E.41, Advanced Swimming
P.E.42, Life Saving & Diving
P.E.43, Water Polo and Ice Hockey
P.E.44, Handball
P.E.45, Squash Racquets

The class in adapted activities offers instruction and practice in the following activities. It should be explained that each student is not offered instruction in all of these activities. Each student is given instruction in a few activities adapted to his particular needs, capacities, and interests.

apparatus stunts
archery
badminton
bag punching
baseball (selected skills)
basketball (selected skills)
batball
circus stunts
croquet
double tumbling stunts
football (selected skills)
free exercises
golf
handball (one wall) (four wall)
hiking
horseshoes
individual athletic events
individual tumbling stunts
kickball
ping pong
pulley weight exercises
punch ball
semi-organized games
shuffle board
slap ball
soft ball
stall bar exercises
unorganized contests
unorganized games
unorganized relays
volley ball
weight lifting

P.E.20a,20b,20c,20d, Adapted Activities.

Term Paper. Each individual is asked to prepare a term paper (1000 to 2500 words) on the topic indicated below. The paper should include specific references when possible. The source of all reference material should be cited. The paper must be turned in during the tenth week of the semester. (Reference topics: Health, Hygiene, Therapeutics, Gymnastics, Physical Education. Reference Magazines: Hygeia, American Journal of Public Health, The Nation's Health.)

P.E.20a, "The cause, correction (or protection) of my condition, and the means for maintaining correction (or protection)".

P.E.20b, "The effect of my condition on my proposed life work and the effect of my proposed life work on my condition."

P.E.20c, "Health." The student may write on any phase of the subject not covered in a previous paper. For example, "The value of an annual health examination", "The work of a municipal department of health", "The prevention and treatment of sunburn", "Some common misconceptions regarding health."

P.E.20d, Topic assigned to each individual student in terms of individuasl needs, capacity, and interests.

Examinations. Students, whose program includes attendance in the scheduled course in adapted activities only, are required to take examinations in the activities covered.

Students assigned to the regular courses in physical education are required to take the examinations included in these courses. (The scores received in these latter examinations are turned over to the Instructor of the class in adapted activities). The students assigned to regular physical education courses are also required to take examinations in the activities covered in the scheduled course in adapted activities.

The examinations in activities covered in the scheduled course in adapted activities, includes performance examinations, demonstration examinations, and written examinations, as each case seems to warrant. These examinations are given during the last four weeks of the semester.

All students, regardless of class attendance, are given a written examination covering (1) general health knowledge and (2) specific health knowledge relative to his own condition. This examination is given during the final examination period.

P.E. 20a, 20b, 20c, 20d, Adapted Activities.

Grading Plan

Term paper	15 pts.
Improvement in correcting or protecting condition (estimated by the Instructor)	20 "
Activities - total of all factors	40 "
Written test	15 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. There is no proficiency examination in this course. Moreover, students enrolled in this course are not permitted to take proficiency examinations in any of the other courses.

Intersectional Competitions. There are three intersectional competitions conducted in conjunction with this course. These competitions are open only to students approved by the instructor - students whose condition permits participation without danger of injury. The competitions conducted are as follows:

Ping pong - singles and doubles tournaments
One-wall handball - singles and doubles tournaments
Horseshoes - singles and doubles tournaments
Badminton - singles and doubles tournaments

Each class is asked to furnish a minimum of four singles entries and two doubles entries in each competition. Contestants may enter only one tournament (either singles or doubles) in each competition. Preliminary tournaments (both singles and doubles) are held in each class in each activity to determine the better players.

All tournaments are conducted on the elimination basis. In ping pong a match consists of three out of five regulation games. In handball a match consists of two out of three regulation games. In horseshoes a match consists of two out of three regulation games. In badminton a match consists of two out of three regulation games. The winner and runner-up in each tournament are awarded medals.

P. E. 21a, 21b, 21c, 21d, SPECIAL ACTIVITIES

Admission. This course is open only to students who are assigned to it by the Department of Health Service - students whose physical condition though not of such a nature as to bar them from the basic military courses, is serious enough to warrant special attention.

Nature of the Course. The classes in this course meet in conjunction with the classes in P.E.20a, 20b, 20c, 20d, Adapted Activities - for two days each week, however, instead of three days per week. The plan for conducting the classes in this course, except for one matter, is the same as for the classes in Adapted Activities. The only point of difference is in the program of sports (and exercises) assigned to each individual for learning and practice in class. The number of sports (and exercises) is reduced, or the standards of achievement are lowered, or both, in keeping with the reduced frequency of meeting. The grading plan of course is adapted to this difference also. (See the outline for P.E.20a, 20b, 20c, and 20d, Adapted Activities, for details).

P. E. 23, VOLLEY BALL

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas-rubber shoes.

Textbook. Laveaga, R. E. Volleyball: A Man's Game. New York: A. S. Barnes and Co., 1933. 220 p.
Official Volleyball Rules. New York: American Sports Publishing Co., 1935.

Objectives. The ultimate (conduct) objective of the course is: Playing volley ball, according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives, in other words, the specific skills, knowledges, dispositions, and conditions, taught in the course are as follows:

1. Skill in serving ball
2. Skill in boosting ball
3. Skill in passing ball
4. Skill in spiking ball
5. Knowledge of the rules
6. Knowledge of offensive strategy
7. Knowledge of defensive strategy
8. Disposition to play volley ball in a sportsmanlike manner
9. Disposition to observe reasonable hygienic standards in playing volley ball
10. Condition to play a match of 3 games without undue fatigue

Term Paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "History of Individual Sports." The paper must be turned in sometime between the seventh week and the fifteenth week on a date set by the Instructor.

Altham, H. S. A History of Cricket. London: Geo. Unwin, 1926. 391 p.
Clark, Arthur A. A History of Yachting. New York: G. P. Putnams Sons.
DeBeer, G. R. Early Travelers in the Alps. London: Sedgwick & Jackson, 1930. 204 p.
Hargrave, Catherine P. A History of Playing Cards, Boston: 1930, 468 p.
Irving, R. L. G. Romance of Mountaineering. London: J. M. Dent & Sons, 1935. 334 p.
Kelly, Robert P. American Rowing. New York: G.P. Putnam's Sons, 1932. 271 p.
LaGrange, Ernest de. Horse Racing Through the Ages. London: Studies Publications, 1932. 59 p.
Linney, E. J. A History of the Game of Bowls. London: T. Werner Laurie, 1933. 184 p.
Lynch, Bohun. Knuckles and Gloves. New York: Henry Holt, 1923. 217 p.
MacPherson, H. A. A History of Fowling. Edinburgh: David Douglas, 1897. 511 p.
MacDonald, Charles. Scotland's Gift, Golf. New York: Chas. Scribner's Sons, 1928. 340 p.

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P.E. 23, Volley Ball

Magoun, F. A. and Hodgins, E. A History of Aircraft. New York: McGraw Hill Book Co., 1931. 495 p.

Noel, E. R. & Clark, J. O. M. A History of Tennis. London: Oxford University Press, 1924, 2 vol. 281 p. 299 p.

O'Hara, B. From Figg to Johnson. Chicago, Illinois: The Blossom Book Co., 1909. 179 p.

Spalding, Albert G. America's National Game: Baseball. New York: American Sports Publish. Co., 1911. 542 p.

Weyand, A. M. American Football. New York: D. Appleton & Co., 1926. 486 p.

Whitman, Malcolm. Tennis, Origens and Mysteries. New York: Derrydale Press, 1932. 258 p.

Wignall, Trevor. The Story of Boxing. London: Hutchinson & Co., 1923. 319 p.

Examinations. Three examinations are given in this activity. A written examination covering the rules and strategy of volley ball is given during the sixth week of the semester. A demonstration examination covering the four skills mentioned above is given during the last two weeks of the semester. A performance examination (playing a match) is given during the final examination period.

Grading Plan

Term paper	15 pts.
Written test, 10 questions (1 pt. each)	10 "
Demonstration test, 4 skills (4 pts. each)	16 "
Performance test, playing 3 regulation games	50 "
Sportsmanship	5 "
Healthmanship	4 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. The proficiency examination in this course covers the same items as the regular examination (excepting sportsmanship and healthmanship) and is scored in the same manner. Students securing 60 or more points are awarded credit.

Intersectional Volley Ball Tournament. Each class is asked to enter a team of eight players in this competition. The tournament is conducted on the elimination basis. Each match consists of two out of three regulation games. The members of the winning team are awarded medals.

P. E. 24, BEGINNING SWIMMING

Costume. Black rubber swimming cap.

Textbook. Goss, G. Swimming Analyzed. New York: A. S. Barnes and Co., 1935. 116 p.

Objectives. The ultimate (conduct) objectives of this course are: Swimming the crawl stroke and performing water stunts, according to social and hygienic standards. Fourteen water stunts are taught in the course. The specific activities taught in the course and the standards of achievement set for each are given below:

I. Swimming
   1. The crawl stroke - 100 yards, in fair form

II. Water Stunts
   1. Bob - across the tank, with a minimum of 10 bobs
   2. Push off - across the tank, without moving hands or feet
   3. Running front dive off the low spring board - jumping off both feet, entering water in a perpendicular position, within 8 feet of end of board, with hands together, and feet together.
   4. Standing plunge - 30 feet, with hands and feet extended and immobile.
   5. Swim under water - 50 feet.
   6. Surface dive and retrieve an object from the bottom - execution.
   7. Tread water - 1 minute, with chin out of the water.
   8. Swim face down with the flutter kick - 40 feet, on the surface, arms extended.
   9. Jump into water and retrieve an object from the bottom - execution.
   10. Sculling on the back - 60 feet, with feet crossed.
   11. Standing feet first dive - across the pool.
   12. Confidence paddle - paddling about in the water 5 minutes without outside support.
   13-14. Two optional stunts. The stunts and the standard of achievement for each must be approved by the instructor

III. Sportsmanlike conduct in swimming.

IV. Healthmanlike conduct in swimming.

Term Paper. Each individual is asked to prepare a term paper (1000 to 2500 words) dealing with the subject of "Exercises" or "Posture", or "Training". This paper may deal with any aspect of the subject the writer chooses. Example, "Exercise and Health", "The Relative Value of Outdoor and Indoor Exercise", "A Comparison of Setting-Up Drills and Sports", "How to Develop Good Posture", "The Social, Health, Aesthetic and Other Values of Good Posture", "How to Keep in Good Condition." The paper should include references from at least two sources. It must be turned in between the seventh week and the fourteenth week of the semester on a date set by the Instructor. (Reference topics: Exercise, Posture, Gymnastics, Physical Education . Reference Magazines: Health and Physical Education, Health and Physical Education Digest, Hygeia.

P.E. 24, Beginning Swimming

Examinations. Each student may take two examinations in water stunts - one during the last six weeks of the semester, and one during the final examination period. On the first occasion the student may be examined in one or more stunts at a time, as he chooses, when he chooses. On the second occasion the student trys only those stunts he has not previously passed. Each student is given two trials in each of these examinations. Satisfactory performance in any trial is credited as passing. Each student is given one examination in swimming the crawl stroke; this is given during the final examination period. One trial is permitted in this examination.

Grading Plan

Term paper	4 pts.
Performance test, swimming the crawl stroke, maximum 100 yds. (1 pt. each 10 yards)	10 "
Performance test, 14 stunts (1 pt. each)	14 "
Sportsmanship	2 "
Healthmanship	2 "
	32 pts.

Grade Scale

28 or more pts.	A
24 - 27 pts.	B
19 - 23 pts.	C
16 - 18 pts.	D
15 or less pts.	E

Proficiency Examination. The proficiency examination in beginning swimming includes a performance examination in the swimming events and water stunts listed above. Each student may take two trials in each event. The activities are scored according to the plan described above. Credit is awarded to students who secure 12 or more points, 7 of which must be made in swimming.

Intersectional Beginning Swimming Meet. Each class is asked to furnish at least two entrants in each event, plus a relay team for this competition. Tryouts are held in each class to discover the best performers in each event. Contestants are limited to competing in a maximum of two events. Medals are awarded to first place winners in each event.

Events

1. 50 yards free style race
2. 25 yards free style race
3. Plunge for distance
4. 25 yards under water swim
5. 25 yards sculling race
6. 25 yards swim with legs only
7. Tread water for time (with hands folded on top of head)
8. 100 yard free style relay (4 men on each team)

P. E. 25, INDIVIDUAL TUMBLING STUNTS

Costume. Blue cotton drill shorts with orange stripes, socks, and canvas-rubber shoes.

Textbook. Harby, S. F. Tumbling. Philadelphia: W.B. Saunders Co., 1932. 216 p.

Objectives. The ultimate (conduct) objective of this course is: Performing individual tumbling stunts, according to social and hygienic standards. Twenty-nine individual stunts and four routines are covered in the course. The specific activities taught in the course and the standard of achievement set for each are given below.

I. Individual Tumbling Stunts
1. Running long dive - 2 times performer's height
2. Running high dive - height of performer's nipples
3. Standing neck dive - 5 feet
4. Cartwheel on a line - both hands and both feet touching line, two times in series
5. Round off - land with feet parallel to starting position
6. Squat stand - 10 seconds
7. Elbow stand - feet together, back arched 10 seconds
8. Head stand - feet together, back arched 10 seconds
9. Hand stand - 5 seconds
10. Hand walk - 10 feet
11. Double elbow lever - 10 seconds
12. Forearm stand - 10 seconds
13. Jump over leg, hand-toe grasp (in and out) - one time for each leg, consecutively.
14. Head spring - land and remain on the feet, without stepping backward.
15. Running forward hand spring - land and remain on the feet, without stepping backward.
16. Leaping hand spring - land and remain on the feet, without stepping backward.
17. Stick hand spring - land and remain on the feet, without stepping backward.
18. Neck spring - land and remain on the feet, without stepping backward
19. Snap up - land and remain on the feet, without stepping backward.
20. Bucking broncho - in even rhythm, three times in succession.
21. Backward roll to head stand - hold headstand 5 seconds.
22. Chest rock to head stand - hold headstand 5 seconds.
23. Cork screw - roll straight, and rise to feet.
24. Front somersault - land and remain on the feet.
25. Back somersault - land and remain on the feet.

26-29. Four optional stunts. The stunts and the standard of achievement for each must be approved by the Instructor.

P.E. 25, Individual Tumbling Stunts.

II. Routines of individual tumbling stunts
Four routines of four or more stunts each. These routines may include the stunts taught in the course or other stunts. They must be formulated by the students and must include different stunts. The routines and the standard of achievement for each must be approved by the Instructor.

III. Sportsmanlike conduct in performing individual tumbling stunts.

IV. Healthmanlike conduct in performing individual tumbling stunts.

Term Paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "Sporting Adventures". The paper must be turned in some time between the seventh week and the fifteenth week on a date set by the Instructor.

Bergman, Ray. Just Fishing. Philadelphia: Penn Publish. Co., 1932. 418 p.

de Lepiney, Jacques and Tom. Climbs on Mont Blanc. New York: Longmans, Green and Co., 1930. 179 p.

Farson, N. Sailing Across Europe. New York: Appleton Century Co., 1926. 354 p.

Gerbault, A. In Quest of the Sun. New York: Doubleday Doran and Co., 1930. 303 p.

Grey, Zane. Tales of Sword Fish and Tuna. New York: Harper & Bros., 1927. 203 p.

Grey, Zane. Roping Lions in the Grand Canyon. New York: Harper & Bros., 1924. 119 p.

Halliburton, Richard. Royal Road to Romance. New York: Bobbs-Merrill Co., 1925. 399 p.

Ketchum, Alton. Follow the Sun. New York: Farrar & Rinehart, 1930. 295 p.

Kirkpatrick, W. T. Alpine Days and Nights. London: Allen and Unwin, 1932. 198 p.

McQuire, Henry. Tales of Rod and Gun. New York: The Macmillan Co., 1931. 218 p.

Monson, R. A. Across Africa on Foot. New York: Dodd Mead and Co., 1931. 387 p.

Neihardt, John A. The River and I. New York: The Macmillan Co., 1927. 166 p.

Parker, C. S. German Summer. New York: Liveright, Inc., 1932. 336 p.

Roosevelt, Theo. Hunting Adventures in the West. New York: A. P. Putnam & Sons, 1927. (Part 1 or Part 2).

Rutledge, H. Everest 1933. London: Hodder & Stoughton. 1934. 392 p.

Slocum, J. Sailing Alone Around the World. New York: Blue Ribbon Books, 1930. 310 p.

Sheldon, Charles. The Wilderness of the Upper Yukon. New York: Chas. Scribner's Sons, 1911. 354 p.

Starkie, Walter. Spanish Raggle-Taggle. London: John Murray, 1934. 488 p.

Thorenfeld, K. Round the World on a Cycle. London: Selwyn and Blount, 1929. 287 p.

P.E. 25, Individual Tumbling Stunts.

Tschiffely, A. F. Tschiffely's Ride. New York: Simon and Shuster, 1933. 328 p.

Pope, Sexton T. Adventurous Bowman. New York: G. P. Putnam Sons, 1926. 233 p.

Examinations. Each student may take two examinations in each stunt and each routine. The first may be taken during any regular class period during the last ten weeks of the semester. A student may be examined in one stunt or routine at a time, or two at a time, or all at once, as he chooses, when he chooses. The second may be taken during the final examination period. At this time the student trys only those stunts or routines not previously passed. Two trials are given in each examination. Satisfactory performance in any trial is credited as passing.

Grading Plan

Term paper	5 pts.
Performance test, 29 stunts (1 pt. each)	29 "
Performance test, 4 routines (1 pt. each)	4 "
Sportsmanship	2 "
Healthmanship	2 "
	42 pts.

Grade Scale

35 or more pts.	A
31 - 34 pts.	B
27 - 30 pts.	C
24 - 26 pts.	D
23 or less pts.	E

Proficiency Examination. The proficiency examination in individual tumbling stunts includes a performance examination in the stunts and routines described above. Each student is permitted two trials in each stunt and each routine. The stunts and routines are scored as in the regular examination. Credit is awarded to students who secure 19 or more points.

Intersectional Individual Tumbling Stunts Meet. Each class is asked to enter at least two contestants in each event. Tryouts are held in each class to determine the best performers in each event. Each student is permitted to enter any three events listed. Medals are awarded to first place winners in each event.

Events

1. Hand stand - time
2. Elbow lever - time
3. Forearm stand - time
4. Hand walk - distance
5. Continuous cartwheels - number on line
6. Running high dive - height
7. Running long dive - distance
8. Routine of four stunts - difficulty 10 pts., form 5 pts.

P. E. 26, DOUBLE TUMBLING STUNTS

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas-rubber shoes.

Textbook. McClow, L. L. Tumbling Illustrated. New York: A. S. Barnes and Co., 1931. 212 p.

The Objectives. The ultimate (conduct) objective of this course is: Performing double tumbling stunts, according to social and hygienic standards. Ten like-part stunts, twenty-four unlike-part stunts, and four routines are covered in the course. The specific activities taught in the course and the standard of achievement set for each are given below:

I. Like-part stunts
   1. Elephant walk - each man travels in each position, 20 feet
   2. Camel walk - each man travels in each position, 20 feet.
   3. Chain roll forward - 20 feet.
   4. Chain roll backward - 20 feet.
   5. Double knee bend walk - 20 feet forward and 20 feet backward.
   6. Hand balance and pullover - 2 complete cycles.
   7. Double flip - 2 complete cycles.
   8. Back to back, and over (wringer) - 2 complete cycles.
   9. Neck lifts - 2 complete cycles.
   10. Combined forward and backward roll - 2 complete cycles.

II. Unlike-part stunts.
   1. Ankle pickup - performer lands and remains on feet without stepping forward.
   2. Snap out - performer's back arched, land and remain on feet without stepping backward.
   3. Roll over thrower's back from in front - performer lands and remains on his feet, without stepping backward.
   4. Backward roll over feet and hands - performer lands and remains on his feet without stepping backward.
   5. Shoulder mount from hand to hand half lever - execution and hold 10 seconds.
   6. Hand clasp and jump over thrower's arm - in and out over each arm, without pausing.
   7. Knee shoulder spring - performer lands and remains on his feet without stepping backward.
   8. Hand spring from thrower's hips with neck lift - performer lands and remains on his feet without stepping backward.
   9. Double hand spring - performer lands and remains on his feet without stepping backward.
   10. Shoulder mount by stepping on bottom man's thigh - execution, and holds erect position 10 seconds.
   11. Shoulder mount by jumping from front - execution and hold erect position 10 seconds.
   12. Knee shoulder balance - 10 seconds.
   13. Low arm hand balance - 10 seconds.
   14. High arm hand balance - 10 seconds.
   15. Low hand to hand balance - 5 seconds.
   16. Shoulder balance on feet only - 10 seconds.
   17. Forward somersault from front leaning rest - performer lands and remains on his feet without stepping backward.

P.E. 26, Double Tumbling Stunts.

18. Back somersault by lift at side - performer lands and remains on his feet without stepping backward.
19. Straddle vault over thrower's head - performer lands and remains on his feet.
20. Pitch back - performer lands and remains on his feet without stepping forward.
21-24. Four optional stunts. The stunts and the standard of achievement for each must be approved by the Instructor.

III. Routines of double tumbling stunts.
Four routines of four or more stunts each. These routines may include the stunts taught in the course or other stunts. They must be formulated by the student and must include different stunts. The routines and the standard of achievement for each must be approved by the Instructor.

IV. Sportsmanlike conduct in performing double tumbling stunts.

V. Healthmanlike conduct in performing double tumbling stunts.

Term Paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "Technique of Outdoor Sports." The paper must be turned in during the tenth or the thirteenth week of the semester, on a date set by the Instructor.

Abraham, Geo. D. Modern Mountaineering. London: Methuen Co., 1933. 198 p.
Askins, Charles. Rifles and Rifle Shooting. New York: The Macmillan Co., 1934. 244 p.
Calahan, H. A. Learning to Sail. New York: The Macmillan Co., 1932. 316 p.
Graham, Stephen. The Gentle Art of Tramping. New York: D. Appleton and Co., 1926. 271 p.
Jessup, Elon H. Skiis and Skiing. New York: E.P. Dutton Co., 1929. 224 p.
Kronfeld, Robert. Kronfeld on Gliding and Soaring. London: John Hamilton, 1932. 379 p.
Lambert, A. W. Modern Archery. New York: A.Barnes & Co., 1929. 306 p.
McTaggert, M. F. The Art of Riding. New York: Chas. Scribner's Sons, 1931. 109 p.
Pinkerton, Robert E. The Canoe. New York: The Macmillan Co., 1928. 162 p.
Reitell, Charles E. Let's Go Fishing. New York: McGraw Hill Book Co.k 1931. 196 p.
Smith, L. B. Better Trap Shooting. New York: E.P.Dutton and Co., 1931. 305 p.
Solomon, Ben. Hikers Guide. New York: Leisure League of America, 1934. 96 p.
Lytton, Neville S. Winter Sports. Philadelphia: J.B. Lippincott Co., 1932. 254 p.
Maydon, H. C. Big Game Shooting in Africa. Philadelphia: J.B.Lippincott Co., 1932. 445 p.

P.E. 26, Double Tumbling Stunts

Examinations. Each student may take two examinations in each stunt or routine. The first may be taken during any regular class period during the last ten weeks of the semester. The student may be examined in one stunt (or routines) at a time, or two, or all at once, as he chooses, when he chooses. The second may be taken during the final examination period. At this time the student trys only those stunts or routines not previously passed. Two trials are given in each of these examinations. Satisfactory performance in any trial is credited as passing.

Grading Plan

Term paper	8 pts.
Performance test, 10 like-part stunts (1 pt.ea.)	10 "
Performance test, 24 unlike-part stunts (1 pt. each half)	48 "
Performance test, 4 routines (1 pt. each)	4 "
Sportsmanship	3 "
Healthmanship	3 "
	76 pts.

Grade Scale

62 or more pts.	A
57 - 61 pts.	B
50 - 56 pts.	C
45 - 49 pts.	D
44 or less pts.	E

Proficiency Examination. The proficiency examination in double tumbling stunts includes a performance examination in the stunts and routines described above. Each student is permitted two trials in each stunt or routine. The stunts and routines are scored as in the regular examination. Credit is awarded to students who secure a total of 37 points.

Intersectional Double Tumbling Stunts Meet. Each class is asked to enter at least four pairs in this meet. Tryouts are held in each class to determine the best performers. The competition consists of performing three routines of double stunts, each comprised of four or more stunts. The same stunt cannot be repeated. Each of the three routines will be judged separately according to the following scale:

Difficulty,	10 pts.
Form,	5 pts.
Total,	15 pts.

Medals are awarded to each member of the pairs winning first and second places respectively.

P. .E. 27, APPARATUS STUNTS

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas-rubber shoes.

Textbook. McCulloch, J. H. Gymnastics, Tumbling and Pyramids. Philadelphia: W. B. Saunders Co., 1934. 177 p.

Objectives. The ultimate (conduct) objective of the course is: Performing apparatus stunts, according to social and hygienic standards. Thirty-six stunts and four routines are covered in the course. The specific activities taught in the course and the standards of achievement set for the same are given below:

I. Horizontal bar stunts.
   1. Backward hip circle - body reasonably straight, stop at front support.
   2. Kip - rise to front support, with elbows straight.
   3. Hock swing dismount - land and remain on the feet.
   4. Circus kip - rise to front support, with elbows straight.
   5. Forward (or backward) heel circle - 2 continuous circles, with suitable dismount.
   6. Angel swing - 2 continuous circles
   7. Double knee circle forward (or backward) - 2 continuous circles,with suitable dismount.
   8. Single knee mount - execution, and hold stride position.
   9. One optional stunt. The stunt and the standard of achievement must be approved by the Instructor.

II. Flying rings stunts.
   1. Backward dislocation at end of backward swing - back arched, feet together.
   2. Double backward cut off at end of backward swing - land and remain on the feet.
   3. Double forward cut off at end of forward swing - land and remain on the feet.
   4. Backward uprise at end of backward swing (or forward) swing - rise to cross support, with elbows straight.
   5. Front kip at end of the backward (or forward) swing - rise to cross support, with elbows straight.
   6. Double cut and catch at end of the backward swing - execution.
   7. Forward dislocation at end of forward swing - smooth execution, feet together.
   8. Swing up to next hang at end of forward swing - smooth execution.
   9. One optional stunt. The stunt and the standard of achievement must be approved by the Instructor.

P.E. 27, Apparatus Stunts.

III. Parallel bars stunts
1. Corkscrew mount - execution in good form
2. Swing to shoulder stand - smooth execution, hold shoulder stand 5 seconds
3. Front kip at the end of bars - rise to cross support, with elbows straight.
4. Front kip from upper arm hang - rise to cross support, with elbows straight.
5. Front uprise - rise to cross support, with elbows straight.
6. Double front cut off - land and remain on the feet.
7. Back uprise - rise to cross support, with elbows straight.
8. Backward shoulder roll - back arched.
9. One optional stunt. The stunt and the standard of achievement must be approved by the Instructor.

IV. Side horse stunts.
1. Neck spring - land and remain on the feet.
2. Thief vault mount to half lever - hold half lever 2 seconds.
3. Straddle vault - feet not touching horse, legs straight, land and remain on the feet.
4. Stoop vault - knees straight, land and remain on the feet.
5. Feint left (or right) and flank vault dismount - feet not touching horse, back arched land and remain on the feet.
6. Forward leg scissors (right or left) - execution.
7. Forward and backward scissors on end of horse - execution, in good form.
8. Feint right (or left) and double rear dismount - feet not touching horse, land and remain on the feet.
9. One optional stunt. The stunt and the standard of achievement must be approved by the Instructor.

V. Routines of apparatus stunts.
Four routines (one on each apparatus) of four or more stunts each. These routines may include the stunts taught in the course, or other stunts. They must be formulated by the student. The routines and the standard of achievement for each must be approved by the Instructor.

VI. Sportsmanlike conduct in performing apparatus stunts.

VII. Healthmanlike conduct in performing apparatus stunts.

Term Paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "General History of Sport and Sports Education." The paper must be turned in during the tenth or the fourteenth week of the semester, on a date set by the Instructor.

Butler, A. J. Sport in Classic Times. New York: E.P. Dutton & Co., 1930. 213 p.

Freeman, Kenneth J. Schools of Hellas (3rd edition). London: Macmillan & Co., 1922. 299 p.

P.E. 27, Apparatus Stunts.

Gardiner, E. N. Greek Athletic Sports and Festivals. London: Macmillan and Co., 1910. 532 p.

Heywood, William. Palio and Ponte. London: Methuen & Co., 1904. 268 p.

Krout, John A. Annals of American Sport. New Haven: Yale University Press, 1929. 300 p.

Leonard, Fred E. A Guide to the History of Physical Education. Philadelphia: Lea and Febiger, 1923. 357 p.

Strutt, Joseph. The Sports and Pastimes of the People of England. London: Chatto and Windus, 1903. 322 p.

Thorp, Jim. History of the Olympics. Los Angeles: Wetzel Publishing Co., 1932. 336 p.

Wright, F. A. Greek Athletics. London: Jonathan Cape, 1925. 123 p.

Examinations. Each student may take two examinations in each stunt and each routine. The first may be taken during any regular class period during the last twelve weeks of the semester. The student may be examined in one or more stunts or routines at a time, as he chooses, when he chooses. The second may be taken during the final examination period. At this time the student trys only those stunts and routines not previously passed. Two trials are given in each examination. Satisfactory performance in any one trial is credited as passing.

Grading Plan

Term paper	6 pts.
Performance test, 36 stunts (1 pt. each)	36 "
Performance test, 4 routines (1 pt. each)	4 "
Sportsmanship	2 "
Healthmanship	2 "
	50 pts.

Grade Scale

40 or more pts.	A
36 - 39 pts.	B
30 - 35 pts.	C
26 - 29 pts.	D
24 or less pts.	E

Proficiency Examination. The proficiency examination in apparatus stunts consists of a performance examination in the stunts and routines described above. Each student is permitted two trials in each stunt and each routine. The stunts and routines are scored as in the regular examination. Credit is awarded to students securing 20 or more points.

Intersectional Apparatus Stunts Meet. Each class is asked to enter at least four contestants in each event. Tryouts are held in each class to determine the better performers in each event. The competition in each event consists of performing two routines of from three to five stunts. The same stunt cannot be repeated. Each routine is judged separately and scored according to the following scale:

P.E. 37, Apparatus Stunts.

Difficulty,	10 pts.
Form,	5 "
Total	15 pts.

Medals are awarded to the winners of first place in each event.

Events

1. Horizontal bar
2. Flying rings
3. Parallel bars
4. Side horse

P. E. 28, BOXING

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas-rubber shoes.

Textbook. O'brien, P. J. & Bilik, S. E. Boxing. New York: Chas. Scribner's Sons, 1928. 218 p.

Objectives. The ultimate (conduct) objectives of the course is: Engaging in boxing, according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives, in other words, the specific materials taught in the course are given below:

1. Skill in assuming the stance
2. Skill in foot work
3. Skill in shadow boxing
4. Skill in executing the left jab to chin and guard
5. Skill in slipping
6. Skill in executing the left jab to stomach and guard
7. Skill in clinching
8. Skill in covering up
9. Skill in executing the straight right to chin and guard
10. Skill in executing the straight right to body and guard
11. Skill in executing the left hook to face and guard
12. Skill in executing the right hook to body and guard
13. Skill in executing the left upper cut to face and guard
14. Skill in executing the right upper cut to body and guard
15. Skill in executing the right hook to chin and guard
16. Skill in executing the right hook to body and guard
17. Skill in feinting and hitting
18. Skill in parrying and countering
19. Skill in infighting
20. Knowledge of the rules
21. Knowledge of offensive strategy
22. Knowledge of defensive strategy
23. Disposition to box in a sportsmanlike manner
24. Disposition to observe reasonable hygienic standards in connection with boxing
25. Condition to box a match of three rounds, of two minutes each, without undue fatigue

Term Paper. Each individual is asked to prepare a paper (1000 to 2500 words) dealing with the subject of "Leisure." This paper may deal with any aspect of the subject, such as, "Leisure and Delinquency", "The Proper Use of Leisure Time", "The History of Leisure", "Hobbies and the Good Life", "Education for Leisure", etc. The paper should include references from at least two sources. It must be turned in during the sixth week, or eighth week, tenth week or twelfth week of the semester, on a date set by the Instructor. Reference topics: Leisure, Recreation, Play, Hobbies. Reference Magazines: Recreation, Leisure, Hobbies.

P.E. 28, Boxing.

Examinations. Five examinations are given in this course. Two demonstration examinations, each of which covers three skills, are given during the course; one about the eighth week and one about the fourteenth week. A written examination covering the rules and strategy is given during the twelfth week. A demonstration examination covering 15 skills is given during the final examination period. A performance examination consisting of boxing three two-minute rounds is given during the final examination period.

Grading Plan

Term paper	6 pts.
Demonstration test - prelim. 3 skills (1 pt.ea)	3 "
Demonstration test-prelim.3 skills (1 pt. ea.)	3 "
Written test, 10 questions (1 pt. each)	10 "
Demonstration test-final-15 skills (1 pt. ea.)	15 "
Performance test, boxing 3 two-minute rounds	10 "
Sportsmanship	3 "
Healthmanship	3 "
	53 pts.

Grade Scale

47 or more pts.	A
43 - 46 pts.	B
38 - 42 pts.	C
34 - 37 pts.	D
33 or less pts.	E

Proficiency Examination. The proficiency examination in boxing includes a written examination covering the rules and strategy (10 questions, 10 points), a demonstration covering skills (15 skills, 15 points) and a performance examination consisting of boxing three two-minute rounds (10 points). Students securing 20 or more points are awarded credit.

Intersectional Competitive Boxing Tournament. This competition is not open to students with previous competitive boxing experience. The tournament is conducted on an elimination basis. Each entrant is entered in his normal weight class. No student is permitted to enter two weight divisions. Each entrant is weighed by the Instructor and placed in his appropriate weight division not later than one week before the start of the tournament. All matches are conducted according to the University of Illinois boxing rules. The standard match is three two-minute rounds. Medals are awarded to first and second place winners respectively in each weight division.

Weight Divisions

118 lb. division
126 lb. division
135 lb. division
145 lb. division
155 lb. division
165 lb. division
175 lb. division
Heavyweight division

P. E. 29, WRESTLING

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas-rubber shoes.

Textbook. Otopalik, H. Modern Wrestling. New York: Chas. Scribner's Sons, 1934. 128 p.

Objectives. The ultimate (conduct) objective of the course is: Engaging in wrestling, according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives, in other words, the specific materials taught in the course are given below:

1. Skill in performing exercises for warming-up and for the development of basic wrestling abilities
   - Changing positions
   - Back spinning
   - Bridging
   - Shoulder roll
   - Back spin and sit through
2. Skill in assuming fundamental positions
   - On guard position
   - Referee's position
   - All fours position
   - Sitting position
3. Skill in taking opponent to mat and defenses
   - Leg dive
   - Front headlock
   - Inside trip
   - Falling arm drag
   - Arm drag from knees
   - Kelly, from the feet
4. Skill in going behind opponent, and defenses
   - Arm drag
   - Slip under arm
5. Skill in taking opponent to the mat from behind, and defenses
   - Kick over
   - Forward trip
   - Waist lift
   - Double trip
6. Skill in riding opponent using the arms, and defenses
   - Wrist and crotch ride
   - Waist and ankle ride
   - The wrist ride
   - Far elbow and crotch ride
7. Skill in riding using the legs, and defenses
   - Cross scissors ride
   - Straight body scissors
   - Figure four body scissors
   - Cross scissor and ankle ride
   - Cross scissors and reverse arm lock

P.E. 29, Wrestling.

8. Skill in coming out from underneath, and defenses
   - Near side roll
   - Far side roll
   - Switch
   - Sit through
   - Stand and spread hands
9. Skill in pinning opponent, and defenses
   - Half nelson and far bar arm
   - Half nelson and inside crotch
   - Half nelson and body chancery
   - Reverse nelson and crotch
   - Reverse nelson and cradle
   - Reverse nelson and double bar arm
10. Knowledge of the rules
11. Knowledge of offensive strategy
12. Knowledge of defensive strategy
13. Disposition to wrestle in a sportsmanlike manner
14. Disposition to wrestle in a healthmanship manner
15. Condition to wrestle a six-minute match without undue fatigue

Term Paper. Each individual is asked to prepare a paper (1000 to 2500 words) dealing with the subject of "Sports." The paper may deal with any aspect of the subject of interest to the writer. For example: "My Philosophy of Sport", "Amateurism and Professionalism in Sport", "Commercialized Sport", "Sportsmanship", "The Greek Versus the Roman Idea Regarding Sport", etc. The paper should include references from at least two sources. It must be turned in some time between the sixth week and the fifteenth week on a date set by the Instructor. Reference Topics: Sports, Athletics. Reference Magazines: Health and Physical Education, Athletic Journal, Sportsman.

Examinations. Five examinations are given in this course. Two demonstration examinations, each of which covers these skills, are given during the regular class periods, at times chosen by the Instructor. A written examination covering the rules and strategy is given during the twelfth week of the semester. A demonstration examination covering skills is given during the final examination period. A performance examination consisting of wrestling one five-minute match, is given during the final examination period.

Grading Plan

Term paper	6 pts.
Demonstration test-prelim-3 skills (1 pt. ea.)	3 "
Demonstration test-prelim-3 skills (1 pt. ea.)	3 "
Written test, 10 questions (1 pt. each)	10 "
Demonstration test-final-15 skills (1 pt. ea.)	15 "
Performance test-wrestling 1 five-minute match	10 "
Sportsmanship	3 "
Healthmanship	3 "
	53 pts.

P.E. 29, Wrestling.

Grade Scale

47 or more pts.	A
43 - 46 pts.	B
38 - 42 pts.	C
34 - 37 pts.	D
33 or less pts.	E

Proficiency Examination. The proficiency examination in wrestling includes a written examination covering the rules and strategy, (10 questions, 10 points), a demonstration examination covering skills (15 skills, 15 points), and a performance examination consisting of wrestling a match of five minutes duration (10 points). Students who secure 20 or more points are awarded credit.

Intersectional Wrestling Tournament. This competition is not open to students with previous wrestling experience. The tournament is conducted on the elimination basis. Each entrant is entered in his normal weight class. No student is permitted to enter two weight divisions. Each entrant has his weight checked by the Instructor not later than one week before the competition starts. All matches are conducted according to the Western Conference Wrestling Rules except that the standard match is eight minutes in duration. Medals are awarded to both first and second place winners in each weight division.

Weight Divisions

118 lb. division
126 lb. division
135 lb. division
145 lb. division
155 lb. division
165 lb. division
175 lb. division
Heavyweight division

P. E. 30, FENCING

Costume. White canvas fencing half jacket, blue cotton drill shorts with orange stripes, white wool socks, fencing gloves (cotton work gloves), and canvas-rubber shoes.

Textbook. Costello, J. M. The Theory and Practice of Fencing. New York: Chas. Scribner's Sons, 1933. 272 p.

Objectives. The ultimate (conduct) objective of this course is: Engaging in fencing, according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives, in other words, the particular skills, knowledges, dispositions, and conditions taught in the course are given below:

1. Skill in executing the fundamental positions and movements
   - The on-guard position
   - The advance
   - The retreat
2. Skill in executing the lunge
   - Arm extension
   - Propelling body forward by means of the rear leg
   - Returning the right arm to the body while extended on the lunge
   - Returning to on guard
3. Skill in executing certain simple attacks
   - Lunge in quarte
   - Lunge in sixte
   - Disengage from quarte to sixte
   - The direct beat
   - The cut over
4. Skill in executing certain complex attacks
   - The one-two
   - The double disengage
   - The beat followed by disengage
   - The cut over disengage
   - The cut over deceive
5. Skill in executing certain simple parries and riposts
   - The parry in quarte and riposte
   - The parry in sixte and riposte
   - Septine parry
   - Seconde parry
6. Skill in executing certain complex parries and riposts
   - The counter parry in quarte and riposte
   - The counter parry in sixte and riposte
7. Skill in executing certain special attacks
   - The bind
   - Press attacks
   - Stop thrusts
   - Time thrusts
8. Knowledge of the rules
9. Knowledge of strategy
10. Disposition to observe established social standards when fencing
11. Disposition to observe reasonable hygienic standards when fencing.
12. Condition to fence a full match without undue fatigue.

P.E. 30, Fencing.

Term Paper. Each individual is asked to prepare a term paper (1000 to 2500 words) reviewing three articles (any three) in any of the following magazines: "Alpine Journal", "Appalachia", "Yachting", "Field and Stream", "American Forests", "Outdoor Life", The paper must be turned in during the seventh week, ninth week, eleventh week, or thirteenth week, on a date set by the Instructor.

Examinations. Two examinations are given in this course. A written examination covering the rules and strategy of fencing is given during the twelfth week of the semester. A performance examination in which the student fences one three-minute bout is given during the final examination period.

Grading Plan

Term paper	10 pts.
Written test 10 questions (2 pts. ea.)	20 "
Performance test, fencing one three-minute bout	60 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. The proficiency examination in fencing consists of fencing one bout of four minutes duration. The examinee is expected to demonstrate (1) the fundamental position, (2) four different attacks, (3) three different parries, (4) skill in foot work and lunging and, (5) a knowledge of offense and defense. These are graded on a basis of 20 points each. Students securing a total of 70 points are awarded credit.

Intersectional Fencing Tournament. This is a handicap tournament conducted on the elimination basis. The instructor designates each contestant's handicap. The competition is conducted according to the Western Conference Fencing Rules. All matches consist of 5 points - the contestant scoring 5 points first is declared winner. A pair of foils is awarded the winners of first place in the tournament. The winners of second, third, and fourth places, respectively are awarded medals.

P. E. 31, SOCCER

Costume. Grey cotton sweat shirt, grey cotton sweat pants, white wool socks, warm gloves or mittens, and dull-cleated ankle-high leather shoes (preferably soccer shoes).

Textbook. Caswell, John E. Soccer for Junior and Senior High Schools. New York: A. S. Barnes and Co., 1933. 96 p.

Objectives. The ultimate (conduct) objective of the course is: Playing soccer football, according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives, in other words, the specific materials taught in the course are given below:

1. Skill in dribbling the ball
2. Skill in trapping the ball
   - Foot trap (left and right)
   - Shin trap (left, right, and both)
   - Thigh trap (left, right, and both)
   - Body trap (chest and stomach)
3. Skill in kicking the ball
   - A stationary ball (left and right)
   - A rolling ball (left and right)
   - A bouncing ball (left and right)
   - A ball in flight (left and right)
   - Kicking a bouncing ball backward overhead (left and right)
4. Skill in kicking goals (ball rolling)
   - Approach from front (left and right)
   - Approach from side (left and right)
5. Skill in passing and receiving while running
6. Skill in tackling (the ball in possession of an opponent)
   - Front tackle
   - Side tackle
7. Skill in retaining a ball from a tackler
   - Front tackle
   - Side tackle
8. Skill in heading the ball
   - Forward
   - Sideward
   - Backward
9. Skill in making a throw in
10. Skill in making different types of kicks
    - Corner kick (left and right sides)
    - Goal kicks
    - Penalty kick
    - Short pass (30 feet to 50 feet)
    - Centering ball from the wing
11. Knowledge of the rules
12. Knowledge of playing in the following situations (offensive and defensive)
    - Kick off
    - Penalty kick
    - Goal kick
    - Corner kick
    - Throw in
    - Free kick
    - General team play

    Play of individual positions

[illegible]

[illegible]

[illegible]

P.E. 31, Soccer.

13. Disposition to conduct oneself in a sportsmanlike manner when playing soccer
14. Disposition to observe reasonable training practices in playing soccer
15. Condition to play a full game without undue fatigue

Term Paper. Each individual is asked to prepare a term paper (1000 to 2500 words) reviewing three articles (any three) in any of the following magazines: Camping, Nature Study, Athletic Journal, Interscholastic Coach, Journal of Health and Physical Education, Beach and Pool. The paper must be turned in some time between the ninth week and the sixteenth week of the semester, on a date set by the Instructor.

Examinations. Three examinations are given in this course. A written examination covering the rules and strategy is given during the fourth week of the semester. A demonstration examination covering ten skills is given during the last two weeks of the semester. (This will include one skill from each of the ten kinds of skill listed above.) A performance examination in playing a game of soccer is given during the final examination period.

Grading Plan

Term paper	15 pts.
Written test, 15 questions (1 pt. each)	15 "
Demonstration test, 10 skills (2 pts. each)	20 "
Performance test, playing a game of soccer	40 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 points or less	E

Proficiency Examination. The proficiency examination in soccer includes the three examinations described above, a written examination, a demonstration examination, and a performance examination. The three examinations are also scored according to the plan outlined above. Students securing 45 points or more are awarded credit.

E.A. 21. Soccer.

13. Disposition to support [illegible] in a sportsmanlike manner when playing soccer.
14. Disposition to [illegible] [illegible] practices in playing soccer.
15. Condition to play a full game without [illegible].

Term Paper. Each individual is asked to prepare a [illegible] pages (1500 to 2000 words) [illegible] [illegible] (1), [illegible] in any of the following magazines: Camping, Nature Study, Scientific Journal, Interscholastic Coach, Journal of Health and Physical Education, Sports and Fool. The paper must be turned in [illegible] between the [illegible] week and the [illegible] week of the semester, [illegible] a date set by the instructor.

Examinations. Three examinations are given in this course. A written examination covering the rules and strategy is given during the fourth week of the semester. A demonstration examination covering the skills is given during the last two weeks of the semester. (This will include one skill from each of the [illegible] of skill listed above.) A performance examination in playing a game of soccer is given during the final examination period.

Grading Scale

Term Paper	[illegible] pts.
Written test, [illegible] questions ([illegible] pts. each)	[illegible] "
Demonstration test, [illegible] skills ([illegible] pts. each)	[illegible] "
Performance test, playing a game of soccer	[illegible] "
Sportsmanship	[illegible] "
Sportsmanship	[illegible] "
	100 pts.

Grade Scale

[illegible] or more pts.	A
[illegible] - [illegible] pts.	B
[illegible] - [illegible] pts.	C
[illegible] - [illegible] pts.	D
[illegible] points or less	E

Proficiency Examination. The proficiency examination in soccer includes the three examinations, [illegible] test, a skills examination, a performance examination, and a [illegible] examination. The three examinations are [illegible] [illegible], in the plan outlined above. Students [illegible] [illegible] [illegible] [illegible] credit.

Intersectional Soccer Tournament. Each class is asked to enter a team of 14 players in the tournament. The tournament will be conducted on the elimination basis. Each game consists of two twenty-minute periods with a 5-minute interval between halves. In case the score is tie two additional periods of five minutes each with an interval of two minutes is played. In case the score is tie after an extra playing period the team awarded the greatest number of free kicks (free kicks following fouls, penalty kicks, and corner kicks) is declared the winner. All games are played according to the Intercollegiate Soccer Rules except that the off side rule is not enforced. Each member of the winning team is awarded a medal.

P. E. 32, GOLF

Costume and Equipment. Golf shoes, a set of golf clubs (including at least the following or their equivalent - wood driver, mid-iron, mashie, putter), a golf bag, and one dozen golf balls.

Textbook. Diehl, R. W. and Vardon, T. Golf Manual. Minneapolis: Western Golf Publishing Co., 1929.

Objectives. The ultimate (conduct) objective of the course is: Playing golf, according to social and hygienic standards. The standard of achievement is: Playing 18 holes in ninety strokes or less. The immediate (control) objectives, in other words, the specific materials taught in the course, are listed below:

1. Skill in using the driver
   - grip
   - stance
   - stroke
2. Skill in using the mid-iron
   - grip
   - stance
   - stroke
3. Skill in using the mashie
   - grip
   - stance
   - stroke
4. Skill in using the putter
   - grip
   - stance
   - stroke
5. Ability to adapt strokes with each of the four main clubs to common conditions
   - lie
   - direction of the wind
   - nature of the terrain
   - hazards
   - distance
   - etc.
6. Understanding of the causes of common faults and the means for correcting the same
   - hooking
   - slicing
   - shanking
   - topping
   - etc.
7. Knowledge of the rules
8. Disposition to observe established etiquette in playing golf
9. Disposition to observe reasonable standards hygiene in playing golf
10. Condition to play a match of 18 holes without undue fatigue.

P.E. 32, Golf

Term Paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "History of Individual Sports." The paper must be turned in between the seventh week and the fifteenth week on a date set by the Instructor.

Blew, W. C. A. A History of Steeple Chasing. London: John C. Nimmo, 1901. 334 p.

Castle, Edgerton. Schools and Masters of Fence. London: G. Bell & Sons, 1910. 355 p.

Davis, Parke H. Football, The American Intercollegiate Game. New York: Chas. Scribner's Sons, 1911 . 504 p.

Gribble, Francis. The Early Montaineers. London: T. Fisher Unwin, 1899. 338 p.

Kerr, John. History of Curling. Edinburgh: David Douglas, 1890. 440 p.

Lunn, Arnold. A History of Skiing. Oxford: University Press, 1927. 492 p.

Lynch, Bohun. The Prize Ring. London: Country Life, 1925. 137 p.

Marsh, William L. History of Flying. London: John Hamilton.

Marshall, Julian. The Annals of Tennis. London: The Field Office, 1878. 236 p.

Murray, H. J. A. A History of Chess. Oxford: Clarenden Press, 1913. 900 p.

Pollard, H. B. C. A History of Fire Arms. Boston: Houghton Mifflin Co., 1934.

Radcliff, William. Fishing from the Earliest Times. New York: E. P. Dutton Co., 1926. 494 p.

Smith, B. W. Pioneers of Mountaineering. London: Blaikie and Son, 1933. 224 p.

VanRenssclarr (Mrs) John K. Prophetical, Educational, and Playing Cards. Philadelphia : G. W. Jacobs, 1912. 392 p.

Vuiller, Gaston. A History of Dancing. New York: D. Appleton & Co., 1897. 380 p.

- - - - - Fifty Years of Lawn Tennis in the United States. New York: U.S. Lawn Tennis Assn., 1932. 256 p.

Examinations. There are three examinations in this course. A written examination covering the rules, technique, and etiquette of golf is given during the twelfth week. A performance examination consisting of playing one 18-hole game is given during the last two weeks of the semester. A demonstration examination covering five fundamental skills is given during the final examination period.

P.E. 32, Golf.

Grading Plan

Term paper	10 pts.
Written test, 10 questions (1 pt. each)	10 "
Demonstration test, 15 hits (2 pts. ea. - 1 form, 1 results)	
driver 3 hits	
midiron 3 hits	
mashie (at 75 yds) 3 hits	
mashie niblick (at 25 yds) 3 hits	
putter (at 20 feet) 3 hits	30 "
Performance test, playing a regular game, 90 strokes or less 40 pts., 1 pt. less for each additional stroke	40 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. The proficiency examination in Golf includes a written examination and a demonstration examination identical with those used in the regular examination program. They are also scored in the same manner. Students who secure a total of 30 points or more are awarded credit.

Intersectional Golf Tournament. This tournament is conducted on the match play elimination basis. Each class is asked to enter at least four contestants in the tournament. A preliminary tournament (medal play, 18 holes) is held in each class to determine the best players. The winner and the runner-up are awarded medals.

P. E. 33, TENNIS

Costume and Equipment. White cotton shirt with sleeves, white duck trousers, white wool socks, canvas-rubber shoes, tennis racquet, and one dozen tennis balls.

Textbook. Paret, J. P. Methods & Players of Modern Lawn Tennis. 3d Edition. New York: American Lawn Tennis Assn., 1931. 316 p.

Lawn Tennis Guide #57. New York: American Sports Publish. Co., 1935.

Objectives. The ultimate (conduct) objective of this course is: Playing tennis, according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives, in other words, the specific materials taught in the course are listed below.

1. Skill in serving
2. Skill in executing forehand drive
3. Skill in executing back hand drive
4. Skill in executing overhead smash
5. Skill in executing forehand volley
6. Skill in executing backhand volley
7. Knowledge of the rules
8. Knowledge of strategy
9. Knowledge of standard procedures in match play
10. Disposition to play in a sportsmanlike manner
11. Disposition to play in a healthmanship manner
12. Condition to play a full match without undue fatigue

Term paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "The Technique of Outdoor Sports." The paper must be turned in some time between the sixth week and the fourteenth week of the semester on a date set by the Instructor.

Aberdare, Clarence N. B. Rackets, Squash Rackets, Tennis, Fives, and Badminton. Philadelphia: J. B. Lippincott, 1933. 328 p.

Askins, C. Game Bird Shooting. New York: The Macmillan Co., 1931. 312 p.

Bamfield, H. J. K. and Palmer, S. E. Art of Sailing. London: H. P. and G. Witherby. 1933. 248 p.

Connett, Eugene V. (Editor) Upland Game Bird Shooting in America. New York: The Derrydale Press, 1931. 242 p.

Cooper, Austin E. Sea Fishing. Philadelphia: J. B. Lippincott Co., 1934. 352 p.

Day, J. W. Modern Fowler. New York: Longmans, Green and Co., 1934. 323 p.

Elmer, Robert P. Archery. Philadelphia: The Penn Publish. Co., 1933. 564 p.

Fordyce, Claude P. Trail Craft. Cincinnati: Stewart Kidd Co., 1922. 202 p.

Hedges, Sidney G. Games for Small Lawns. Philadelphia: J.B.Lippincott, 1933. 132 p.

P.E. 33, Tennis.

Hemingway, Ernest. Death in the Afternoon. New York: Chas. Scribner's Sons, 1932. 547 p.
Himmelwright, A. L. A. Pistol and Revolver Shooting. New York: The Macmillan Co., 1928. 482 p.
Holden, G. P. Angling. New York: D. Appleton & Co., 1931. 187 p.
Hughes, Reginald D. Fly and Bait Casting. London: A. and C. Black, 1924. 80 p.
Mitchell, Edwin V. Art of Walking. London: Loring and Mussey, 1934. 128 p.
Morton, G. C. Hiking and Tramping. Philadelphia: David McKay Company, 1929. 158 p.
Proctor, Charles N. The Art of Skiing. New York: Harcourt Brace & Co., 1933. 204 p.
Rademan, J. G. Fundamentals of Horsemanship. Philadelphia: Camac Press, 1932. 153 p.
Ross, Malcolm H. Sailing the Skies. New York: The Macmillan Co., 1931. 276 p.
Schneider, H. and Franck, A. The Wonders of Skiing. New York: Chas. Scribners Sons, 1933. 234 p.
Smith, A. Croxton. Hounds and Dogs. New York: J. B. Lippincott and Co., 1932. 320 p.
Spencer, Sydney. Mountaineering. New York: J. B. Lippincott and Co., 1934. 383 p.
Young, G. W. (Editor). Mountain Craft (3rd edition). New York: E. P. Dutton Co., 1934. 630 p.
- - - - - American Big Game Fishing. New York: The Derrydale Press, 1935.

Examinations. There are three examinations in this course. A written examination covering the rules, strategy, and standard procedures in match play in tennis. This is given during the twelfth week of the semester. A performance examination in playing tennis. This consists of playing ten matches in a round robin tournament. This examination is given during the last four weeks of the semester. A demonstration examination covering skills involved in playing tennis. This examination is given during the final examination period.

Grading Plan

Term paper		15 pts.
Written test, 10 quest. (1 pt. each)		10 "
Performance test, group round robin tournament, 10 matches (2 out of 3 regulation sets)		50 "
10 wins - 50 pts.	4 wins - 32 pts.	
9 wins - 47 "	3 wins - 29 "	
8 wins - 44 "	2 wins - 26 "	
7 wins - 41 "	1 win - 23 "	
6 wins - 38 "	0 wins - 20 "	
5 wins - 35 "		
Demonstration test, 5 skills (3 pts. each)		15 "
Sportsmanship		5 "
Healthmanship		5 "
		100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examinations. The proficiency examination in tennis includes a written examination covering rules and strategy, (10 questions, 1 pt. each), a demonstration examination covering skills (5 skills, 3 pts. each), and a performance examination consisting of playing a match (50 pts.). Students scoring a total of 45 points are awarded credit.

Intersectional Tennis Tournaments (Singles and Doubles.) The tournaments are conducted on the elimination basis. Each class is asked to enter at least four singles players and two doubles teams in these tournaments. (A player may compete in either one or both tournaments). A match consists of two out of three regulation sets. The winners and runners-up in both tournaments are awarded medals.

P. E. 34, SOFTBALL AND ICE SKATING

Special Note. This course includes two activities, softball and ice skating. In the first semester softball is taught during the first nine weeks, skating the last nine weeks; in the second semester the order is reversed.

The proficiency examination in the course covers both activities. In order to secure proficiency examination credit, a student must secure a minimum of 30 points in each activity.

Term Paper. Each individual is asked to prepare a paper (1000 to 2500 words) dealing with the subject of "Wild Life Conservation." This paper may deal with any aspect of the subject the writer chooses. Example, "Ways and Means for Protecting Migratory Birds", "Wild Game Refugees", "Stocking Streams with Fish", "The Work of the Isaac Walton League", "Commercial Aspects of Hunting and Fishing for Sport", "The Function and Duties of State Departments of Hunting and Fishing". This paper should include references from at least two sources. It must be turned in some time between the sixth week and fourteenth week of the semester on a date set by the Instructor. Topic References: Game, Game Protection, Wild Life, Animals, Birds. Magazines: Field and Stream, Outdoor Life, American Forests, The Nature Magazine.

Softball

Costume. Grey cotton sweat shirt, grey cotton sweat pants, white wool socks, and canvas-rubber shoes.

Textbook. Softball #12. New York: American Sports Publishing Co., 1934.

Objective. The ultimate (conduct) objective of this part of the course is: Playing softball according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives are as follows:

1. Skill in throwing the ball
2. Skill in catching a thrown ball
3. Skill in fielding a rolling ball
4. Skill in fielding a bounding ball
5. Skill in fielding a fly ball
6. Skill in making "pickups."
7. Skill in batting
8. Skill in playing the several positions
9. Skill in running the bases
10. Knowledge of the rules
11. Knowledge of softball nomenclature
12. Knowledge of offensive strategy
13. Knowledge of defensive strategy
14. Disposition to observe social standards in playing softball
15. Disposition to observe hygienic standards in playing softball.
16. Condition to play a full game without undue fatigue.

P.E. 34, Softball and Ice Skating.

Examinations. There are three examinations in softball. 1. A written examination on the rules is given about the third week. 2. A demonstration examination covering five skills is given during the last two meetings. 3. A performance examination consisting of playing a ten inning game, rotating positions, is given just after the close of the season on a date set by the Instructor (in the first semester) or the final examination period (in the second semester).

Grading Plan

Term paper	15 pts.
Written test, 10 questions (1 pt. each)	10 "
Demonstration test, 5 skills (2 pts. each)	10 "
Performance test, playing a 10 inning game	25 "
Sportsmanship	3 "
Healthmanship	2 "
	65 pts.

Proficiency Examination. The proficiency examination in softball covers the 3 tests outlined for the regular examination (written test, demonstration test, and performance test) and is scored in the same manner. (See Special Note).

Intersectional Competition, Softball Tournament. Each class is asked to enter a team of twelve men in the tournament. The tournament will be conducted on the elimination basis. All games are seven innings in length; the players will rotate positions. Each member of the winning team is awarded a medal.

ICE SKATING

Equipment. Ice skates.

Textbook. Brokaw, Irving. The Art of Skating. New York: Charles Scribner's Sons, 1926. 253 p.

Objectives. The ultimate (conduct) objective of this part of the course is: Engaging in speed skating and figure skating, according to social and hygienic standards. Eight figures are covered in the course. The specific activities taught and the standard of achievement for each are given below.

I. Speed Skating
One quarter mile (3 laps) - 45 seconds

II. Figure Skating
1. Skating forward, circle right and left, and stop - execution, in good form
2. Skating backward, circle right and left, and stop - execution, in good form
3. Skating forward, turn to skating backward, turn to skating forward - execution, in good form
4. Spread eagle - execution, in good form.
5. Shoot the duck - execution, in good form
6. Figure three, left and right - execution in good form.
7. Grape vine - execution in good form.
8. Clover leaf, left and right - execution, in good form.

P.E. 34, Softball and Ice Skating.

Examinations. There are two examination periods in ice skating. The first period covers the last four weeks of the semester devoted to ice skating. The second is the final examination period (in the first semester) or just after the close of the season on a date set by the Instructor (in the second semester). Each student may take one performance examination in any or all of the figures at any time he wishes during either of these examination periods. He is given two trials at any attempt. The best trial is recorded as his official score. Each student is given a performance examination in skating three laps during the final examination period.

Grading Plan

Performance test, 3 laps				12 pts.
49 or more sec.	- 12 pts.	75 - 79 sec.	6 pts.	
50 - 54 sec.	- 11 pts.	80 - 84 sec.	5 pts.	
55 - 59 sec.	- 10 pts.	85 - 89 sec.	4 pts.	
60 - 64 sec.	- 9 pts.	90 - 94 sec.	3 pts.	
65 - 69 sec.	- 8 pts.	95 - 99 sec.	2 pts.	
70 - 74 sec.	- 7 pts.	100 -104 sec.	1 pt.	
		105 or less sec.	0 pts.	
Performance test, 8 figures (0 to 4 pts. each)				32 "
Healthmanship				3 "
Sportsmanship				3 "
				50 pts.

Proficiency Examination in Skating. The proficiency examination in skating covers the two performance tests described for the regular examination and is scored in the same manner. Students are permitted to substitute other skating figures acceptable to the Instructor. (See Special Note).

Interclass Competition. Each class is asked to enter two men in each individual event and a team of four men in the relay in this tournament. Each contestant is limited to entering a maximum of two events. The winner of first place in each event is awarded a medal.

Events

220 yards (1 1/2 lap)
440 yards (3 laps)
880 yards (6 laps)
1 Mile (12 laps)
1 Mile Relay (4 men on each team)
Fancy Skating (2 minutes)

Final Grade

The final grade for the course is derived from the total of the scores received in the two activities in terms of the following scale:

100 or more pts.	A
90 - 99 pts.	B
80 - 89 pts.	C
70 - 79 pts.	D
69 or less pts.	E

P. E. 35, TAP DANCING

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and hard soled oxfords with taps.

Textbook. Ballwebber, Edith. Illustrated Tap Rhythms and Routines. Chicago: Clayton F. Summy, 1933. 96 p.

Objectives. The ultimate (conduct) objective of the course is: Engaging in tap dancing, according to social and hygienic standards. Three dances are covered in the course. The particular dances taught in the course, standard of achievement for each, and the steps included in each, are given below.

I. Green spot - with a maximum of 6 mistakes
   1. Change step forward
   2. Change step rear
   3. Peg leg left
   4. Peg leg right
   5. Frisco drag left
   6. Frisco drag right

II. Broadway special - with a maximum of 6 mistakes
   1. Slue foot
   2. Fall down stairs with back tap
   3. Tap toe
   4. Fall down stairs with triple five
   5. Drop kick ball
   6. Forty-second street

III. Panama fling - with a maximum of 8 mistakes
   1. Strike hop
   2. Buffalo
   3. Roll away
   4. Broken rhythm
   5. Tickle toes
   6. Drum beat
   7. Maxiford
   8. Break leg

IV. Sportsmanlike conduct in tap dancing

V. Healthmanship conduct in tap dancing

Term Paper. Each individual is asked to prepare a term paper (1000 to 2500 words) reviewing three articles (any three) in any of the following magazines: "Recreation", "Parks and Recreation", "Leisure", "Hobbies", and "The Sportsman." The paper must be turned in some time between the sixth and fourteenth week of the semester, on a date set by the Instructor.

P.E. 35, Tap Dancing.

Examinations. Each student is given two examinations in this course - a preliminary examination and a final examination. Both are performance examinations, in other words, each examination consists of performing the dance. The preliminary examination is given at the close of the period of instruction in each dance - during the fifth week, the tenth week, and the fifteenth week, respectively. The final examination is given during the regular examination period.

Grading Plan

Term Paper	12 pts.
Performance test, 3 dances-prelim.(6 pts. each)	18 "
Performance test, 2 dances-final (20 pts. each)	60 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. The proficiency examination in this course consists of a performance examination (that is performing in the three dances taught in the course, or three dances that are equally or more difficult). Each dance is graded on the basis of 30 points. Students securing a total of 60 points or more are awarded credit.

Intersectional Tap Dancing Meet. Each class is asked to enter at least four contestants in each event. Tryouts are held in each class to determine the best performers. Each contestant is restricted to entering a maximum of two events. The winner and runner-up in each event are awarded medals.

Events

1. Green spot tap dance
2. Broadway special tap dance
3. Panama Fling tap dance

P. E. 36, CLOG DANCING

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and hard-soled oxfords with taps.

Textbook. Frost, Helen. Tap, Caper and Clog. New York: A. S. Barnes and Co., 1931. 72 p.

Objectives. The ultimate (conduct) objective of this course is: Engaging in clog dancing according to social and hygienic standards. Three dances are taught in the course. The particular dances taught in the course, the standard of achievement set for each, and with the steps included in each are given below:

I. Campus clog - with a maximum of seven mistakes
   1. Fundamental step
   2. Dutch step
   3. Rollicking sailor
   4. Circular cake walk
   5. Toe heel
   6. Lon Chaney
   7. Dutch Sailor

II. Black Sam - with a maximum of four mistakes
   1. Entrance step
   2. Buffalo
   3. Spank heel
   4. Handy turn and leap

III. Illini Buck - with a maximum of four mistakes
   1. Entrance step
   2. Buffalo and break
   3. Double chug step and break
   4. Leap step and break

IV. Sportsmanlike conduct in clog dancing

V. Healthmanlike conduct in clog dancing

Term Paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "Leisure and Recreation." The paper must be turned in during the eighth week, or twelfth week or fourteenth week of the semester.

Calkins, E. E. Care and Feeding of Hobby Horses. New York: Leisure League of America, 1934. 96 p.

Cutten, Geo. B. The Threat of Leisure. New Haven: Yale University Press, 1926. 166 p.

Dark, Sidney. After Working Hours. London: Hodder & Stoughton, 1929. 254 p.

Greenbie, M. B. The Arts of Leisure. New York: The McGraw Hill Book Co., 1935. 274 p.

Hambidge, G. Time to Live. New York: McGraw-Hill Book Co., 1933. 144 p.

P.E. 36, Clog Dancing.

Jacks, L. P. Education Through Recreation. New York: Harper & Brothers, 1932. 155 p.

Joad, C. E. M. Diogenes: Or the Future of Leisure. New York: E. P. Dutton Co., 1928. 102 p.

Lampland, Ruth. Hobbies for Everybody. New York: Harper and Brothers, 1934. 408 p.

Mitchell, Elmer D. and Mason, Bernard S. The Theory of Play. New York: A. S. Barnes and Co., 1934. p. 1-291.

Overstreet, H. A. A Guide to Civilized Leisure. New York: W. W. Norton Co., 1934. 257 p.

Park, A. N. The Challenge of Leisure. Toronto: The Macmillan Co., 1934. 244 p.

Taussig, Charles W. and Meyer, Theodore A. A Book of Hobbies. New York: Minton, Balch & Co., 1924. 318 p.

Examinations. Each student is given two examinations in this course - a preliminary examination and a final examination. Both are performance examinations, in other words, each examination consists of performing the dance. The preliminary examination is given at the close of the period of instruction in each dance - during the fifth week, the tenth week, and the fifteenth week, respectively. The final examination is given during the final examination period.

Grading Plan

Term paper	12 pts.
Performance test, 3 dances-prelim.(6 pts. ea.)	18 "
Performance test,3 dances-final-(20 pts. ea.)	60 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. The proficiency examination in this course consists of a performance examination (that is performing in the three dances taught in the course or three dances that are equally or more difficult.) Each dance is graded on the basis of 30 points. Students receiving a total of 60 points or more are awarded credit.

[illegible] Co., [illegible].

[illegible], J. T. Economic Trends Toward Prosperity. [illegible] Review & Special [illegible], [illegible].

[illegible], C. E. T. [illegible] of the Tubers of [illegible]. New York: [illegible] Co., [illegible], [illegible] 104 p.

[illegible] Bulb. Service for Growers. New York: [illegible] and Stockholm. [illegible] p.

[illegible], Clem [illegible] and [illegible]. The Tubers of [illegible]. New York: [illegible] Co., [illegible] p. 1 [illegible].

[illegible], F. E. [illegible] Tuber [illegible] [illegible]. [illegible] Co., [illegible], 307 p.

[illegible], H. T. The Cultivation of [illegible]. [illegible] Co., [illegible], 384 p.

[illegible], Charles T. and [illegible], Lawrence A. [illegible] [illegible]. New York: [illegible], Sons & Co., [illegible], [illegible] p.

Equipment. The [illegible] of [illegible] the [illegible] [illegible] - a [illegible] [illegible] and a [illegible] [illegible] [illegible] are [illegible] [illegible], [illegible] [illegible] [illegible]

P.E. 36, Clog Dancing.

Intersectional Clog Dancing Meet. Each class is asked to enter at least four contestants in each event in this competition. Tryouts are held in each class to determine the best performers. Each contestant is restricted to entering a maximum of two events. The winner and runner-up in each event are awarded medals.

Events

1. Campus clog dance
2. Black Sam clog dance
3. Illini Buck clog dance

P. E. 37, INDIVIDUAL ATHLETICS

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas-rubber shoes.

Textbook. Staley, S. C. Individual & Mass Athletics. New York: A. S. Barnes and Co., 1925.
Staley, S. C. Calisthenics. New York: A. S. Barnes and Co., 1925.
National Collegiate Track & Field Guide, 112 R. New York: American Sports Publishing Co., 1935.

Objectives. The ultimate (conduct) objectives of this course are: Participating in individual athletic events and the Illini Nine, according to social and hygienic standards. Twenty events are covered in the course. The particular activities taught and the standard of achievement set for each are given below:

I. Performing 20 individual athletic events
   1. One lap run - 15 seconds
   2. Half mile run - 2 minutes 45 seconds
   3. Standing broad jump - the performer's height plus 2 ft. 3 in.
   4. Standing hop, step and jump
   5. Three pegs - four times the performer's height
   6. Running high jump - the height of the performer's nipples
   7. Running spring board high jump - the performer's height.
   8. Running hitch kick - the height of the performer's overhead reach with heels on floor and hand clenched.
   9. Pirouette - one complete turn
   10. Rope skips - 120 times in one minute
   11. Bar vault - the height of the performer's chin
   12. Bar snap - the performer's height
   13. Rope mount - execution
   14. Rope climb (22 ft) - 10 seconds
   15. Pull ups - 10 times
   16. Floor dips - 25 times
   17. Sit ups - 25 times
   18. Weight lifts - one time for each five pounds of the performer's weight
   19. One arm medicine ball far throw - one foot for each four pounds of the performer's weight.
   20. Two arm medicine ball far throw - one foot for each four pounds of the performer's weight.

II. Performing the "Illini Nine" - with no mistakes, vigorously, and in good form.
   1. Stretcher
   2. Twister
   3. Side bender
   4. Squatter
   5. Leg lifter
   6. Compressor
   7. Dipper
   8. High stepper
   9. Expander

P. E. 27, INDIVIDUAL ATHLETICS

White 1881 Contents. Ring rotary drill equals site organic vacancy, [illegible] and [illegible] [illegible]

New York: A. [illegible] Sons and Co., 1880.
Tissue, S. C. Calisthenics, New York.
A. G. Barnes and Co., 1880.
National Collegiate Trust & Field Guide,
1/2 S. New York: American Sports Publishing Co., 1888.

Objectives. The ultimate (concept) objectives of this course are: Participating in individual athletic events and the [illegible] [illegible], according to model and [illegible] standards. Twenty events are covered in the course. The participating activities taught and the standard of achievement set for each are given below:

I. Performing 20 individual athletic events
1. One lap run - 10 seconds
2. Half mile run - 5 minutes 45 seconds
3. Standing broad jump - the performer's height plus 3 ft. 2 in.
4. Standing hop, step and jump
5. Three legs - four times the performer's height
6. Standing high jump - the height of the performer's height
7. Standing spring board high jump - the performer's height
8. Standing hitch kick - the height of the performer's [illegible] reach with heels on floor and hand [illegible]
9. Circuits - one complete turn
10. Bone [illegible] - 120 times in one minute
11. Sat [illegible] - the height of the performer's chin
12. Sat [illegible] - the performer's height
13. Bore [illegible] - [illegible]
14. Bone [illegible] (20 ft) - 10 seconds
15. Full [illegible] - 10 times
16. Floor [illegible] - 20 times
17. [illegible] - 25 times
18. Weight [illegible] - one time for each five pounds of the performer's weight
19. One [illegible] [illegible] - one foot for each four pounds of the performer's weight
20. Two [illegible] [illegible] - one foot for each four pounds of the performer's weight

II. Performing the [illegible] - with no [illegible], [illegible], and in good form
1. [illegible]
2. [illegible]
3. [illegible]
4. [illegible]
5. [illegible]
6. [illegible]
7. [illegible]
8. [illegible]
9. [illegible]

P.E. 37, Individual Athletics.

III. Sportsmanlike conduct in performing individual athletic events.

IV. Healthmanlike conduct in performing individual athletic events.

Term Paper. Each individual is asked to prepare a term paper (1000 to 2500 words) dealing with some phase of the general subject, "Parks and Preserves." The paper may deal with any phase of the topic the writer chooses. For example: "Recreation in our National Forests", "The Duties of Ranger Naturalists", "The History of the City Parks in Peoria", "The Need for State Parks in Illinois", "The Cost of County Parks", "Essential Procedures in Preventing Forest Fires." The paper should include at least two references. It must be turned in during the eleventh week or the thirteenth week of the semester on a date set by the Instructor. Reference Topics: Parks, National Parks, State Parks, Forest Preserves. Reference Magazines: Parks and Recreation, American Forests.

Examinations. There are two examination periods in this course - a preliminary examination period, which covers the final eight weeks of the course - and a final examination period. Each student is asked to take an examination in performing the "Illini Nine" during the preliminary examination period. Each student may take a performance examination in each individual athletic event during the preliminary examination period. He may be examined in one event at a time, or two events at a time, or all events as he chooses, when he chooses, and then he may take an examination in each event, not passed previously, during the final examination period. Two trials are permitted in each of these examinations in individual athletic events. Students who perform an event in any of these trials are awarded credit.

Grading Plan

Term Paper	7 pts.
Performance test, 20 events (2 pts. ea.)	40 "
Performance test, 9 exercises (1 pt. ea.)	9 "
Sportsmanship	3 "
Healthmanship	3 "
	62 pts.

Grade Scale

54 or more pts.	A
50 - 53 pts.	B
43 - 49 pts.	C
39 - 42 pts.	D
38 or less pts.	E

P.E. 37, Individual Athletics

Proficiency Examination. The proficiency examination in this course consists of a performance examination in the individual athletic events listed above. The events are also scored according to the plan outlined above. Students securing 24 points or more are awarded credit.

Intersectional Individual Athletics Meet.. Each class is asked to enter a minimum of three performers in each event in this competition. Tryouts are held in each class to determine the best performers. Each student is permitted to enter any number of events up to and including six. Medals are awarded to the winner in each event.

Events

1. One lap run - one trial
2. Half mile run - one trial
3. Standing broad jump - three trials - four best, three more
4. Standing hop, step and jump - three trials - four best, three more.
5. Three pegs - three trials - four best, three more
6. Running high jump - Olympic high jump rules
7. Running spring board high jump - Olympic high jump rules
8. Running hitch kick - same as the high jump
9. Pirouette - three trials - four best, three more
10. Rope skips - one trial
11. Bar vault - same as the high jump
12. Bar snap - three trials - four best, three more
13. Rope mount - three trials - for time
14. Rope climb - two trials
15. Pull ups - one trial
16. Floor dips - one trial
17. Sit ups - one trial
18. Weight lifts - one trial
19. One arm medicine ball far throw - three trials - four best, three more.
20. Two arm medicine ball far throw - three trials - four best, three more.

P. E. 38, CIRCUS STUNTS

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas-rubber shoes.

Textbook. Cramlet, T. and Hinote, R. C. Physical Education Activities. New York: Dodd Mead & Co., 1932. 302 p.

The Objectives. The ultimate (conduct) objective of this course is: Performing circus stunts, according to social and hygienic standards. Fifteen fields of activity are offered in the course. Each field includes fifteen stunts and routines. Each student may work in any one of the several fields of activity. The fields of activity offered, the activities included in each field, and the standard of achievement set for each activity are given below:

I. (a) Aerial casting activities (flyman)

1. Swinging - 3 complete swings, through a 90-degree arc, with feet together and toes pointed.
2. Performing a straight over - execution, with feet together and toes pointed.
3. Performing a squat jack - execution, with feet together and toes pointed.
4. Performing a cross arm - execution, with feet together and toes pointed.
5. Performing a jack - execution, with feet together and toes pointed.
6. Executing a toe hang and coming up - with feet together and toes pointed.
7. Performing a float-over - execution, with feet together and toes pointed.
8. Performing a flip into the net - land on the back with the hands behind head, and spring to feet.
9. Performing a nest dive - execution, with feet together and toes pointed.
10. Performing a half turn - execution, and toes pointed.
11. Performing a feet-first - execution, in good form.
12. Executing a dive - execution, with feet together and toes pointed.

13- 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.

15. Performing a routine of at least five stunts - the routine and the standard of achievement to be approved by the Instructor.

I. (b) Aerial casting activities (topman)

1. Swinging - 3 complete swings, through a 90-degree arc.
2. Throwing and catching a straight over - execution, in good form
3. Catching a squat jack - execution, in good form
4. Performing a cross arm - execution, in good form.
5. Catching a jack - execution, in good form.
6. Throwing from a toe hang and catching hands - execution, in good form.
7. Throwing and catching a float over - execution, in (good form

8. Throwing a flip into the net - execution, in good form.
9. Throwing and catching a nest dive - execution, in good form.
10. Throwing and catching a half-turn - execution, in good form.
11. Throwing and catching a feet-first - execution, in good form.
12. Catching a dive - execution in good form.
13.- 14. Throwing and catching two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Executing a routine of at least five stunts- the routine and the standard of achievement to be approved by the Instructor.

II. Juggling activities
1. Juggling two balls:
   a. Left hand clockwise - 10 tosses without fail.
   b. Right hand counterclockwise - 10 tosses without fail.
2. Juggling two balls:
   a. Left hand counter-clockwise - 10 tosses without fail.
   b. Right hand clockwise - 10 tosses without fail.
3. Juggling three balls criss-cross - 15 tosses without fail.
4. Juggling three balls overhand criss-cross - 15 tosses without fail.
5. Showering (cascading) three balls from right to left hand - 15 tosses without fail.
6. Showering (cascading) 3 balls from left to right hand - 15 tosses without fail.
7. Juggling three balls criss-cross and passing every fifth toss under the knee - 15 tosses without fail.
8. Juggling three balls criss-cross and passing every fourth toss over the shoulder - 10 tosses without fail.
9. Juggling three balls in a bounce juggle - 15 bounces without fail.
10. Juggling four balls (2 in each hand) - 15 tosses without fail.
11. Juggling three plates criss-cross - 15 tosses without fail.
12. Juggling three clubs, single-spin, criss-cross - 15 tosses without fail.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least ten different stunts - the routine and the standard of achievement to be approved by the Instructor.

III. Rope spinning activities.

1. Spinning a ten-foot rope in a horizontal loop:
   a. Left hand clockwise - 10 spins without fail.
   b. Right hand clockwise - 10 spins without fail.
   c. Left hand counterclockwise - 10 spins without fail.
   d. Right hand counterclockwise - 10 spins without fail.
2. Spinning a ten-foot rope in a horizontal loop, and exchanging hands - 5 changes without fail.
3. Spinning a ten-foot rope in a horizontal loop, and exchanging hands, passing the loop around the body - 5 changes without fail.
4. Spinning two ten-foot ropes (one in each hand) in horizontal loops - 10 spins each without fail.
5. Spinning a twenty-foot rope in a wedding ring loop - 15 spins without fail.
6. Spinning a twenty-foot rope in a wedding ring, and executing a hand-shake (passing the spoke from hand to hand and around the body)- 5 changes without fail.
7. Spinning a twenty-foot rope in a wedding ring, and sitting down and standing up - execution, and continue spinning.
8. Spinning a twenty-foot rope in a wedding ring, and lying down and standing up - execution, and continue spinning.
9. Spinning a twenty-foot rope in a vertical loop - 10 spins without fail.
10. Spinning a twenty-foot rope in a flat horizontal loop, and jumping into the loop - execution, and continue spinning.
11. Spinning a twenty-foot rope in a wedding ring loop and jumping out of the loop and back into it - execution, and continue spinning.
12. Spinning a twenty-foot rope in a wedding ring loop and juggle the rope - 5 successive juggles, and continue spinning.

13.-14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.

15. Performing a routine of at least five minutes in length and using at least ten different stunts - the routine and the standard of achievement to be approved by the Instructor.

IV. Ladder balancing activities.

1. Climbing up and down the front of an eight-foot ladder - execution.
2. Walking on an eight foot ladder - 50 feet.
3. Walking on a 10-foot ladder - 50 feet.
4. Climbing up one side and down the other side of a ladder (any size) - execution.
5. Jumping a ladder (any size) vertically - 3 successive jumps and maintain balance.
6. Jumping a ladder (any size) over the medicine ball - execution, and maintain balance.

7. Making a pirouette on one upright of a ladder (any size) - one quarter turn and maintain balance.
8. Balancing straddle the top of a ladder (any size) moving or stationary - 10 seconds.
9. Balancing straddle the top of a ladder (any size) without using the hands, moving or stationary - 5 seconds.
10. Sitting on top a ladder (any size) using the hands, moving or stationary - 10 seconds.
11. Dismounting from a ladder (any size)
    a. Sliding down the sides backward - execution.
    b. Riding the ladder down to a mat with a forward roll to a standing position - execution.
12. Standing on the top rung of a ladder (any size), moving or stationary - 5 seconds.
13-14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least five minutes in length and including at least eight different stunts - the routine and the standard of achievement to be approved by the Instructor.

V. Slack wire activities.

1. Mounting, maintaining balance (five seconds) and dismounting - execution, in good form.
2. Walking forward and backward - 5 feet in each direction, and maintain balance.
3. Turning half way around left and right - execution, and maintain balance.
4. Clicking the heels - 5 times in succession, and maintain balance.
5. Squatting on the wire and standing erect - execution, and maintain balance.
6. Kneeling, touching one knee to the wire and standing up - execution, and maintain balance.
7. Sitting down on the wire and standing up - execution, and maintain balance.
8. Lieing down on the wire and standing up - execution, and maintain balance.
9. Standing and juggling three balls criss-cross - 10 tosses without fail.
10. Tossing medicine ball in the air five feet and catching it - execution, and maintain balance.
11. Walking forward and backward while spinning hoops on the arms - 3 steps in each direction and maintain balance.
12. Walking in the hoop, forward and backward - 3 steps in each direction, and maintain balance
13.- 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least five minutes in length and including at least eight different stunts - the routine and the standard of achievement to be approved by the Instructor.

P.E. 38, Circus Stunts.

VI. Tight wire activities (low wire)

1. Mounting, maintaining balance five seconds, and dismounting - in good form.
2. Walking forward and backward - 5 feet in each direction, and maintain balance.
3. Turning half way around, left and right - execution, and maintain balance.
4. Kneeling, touching one knee to wire and standing up - execution, and maintain balance.
5. Sitting down on the wire and staning up - execution, and maintain balance.
6. Lieing down on the wire and standing up - execution, and maintain balance.
7. Squating and sliding along the wire - 5 feet, and maintain balance.
8. Walking tandem (one performer behind the other) forward and backward - 3 steps in each direction, and maintain balance.
9. Walking on the hoop forward and backward - 3 steps in each direction, and maintain balance.
10. Walking forward and spinning hoops on the arms - 5 steps, and maintain balance.
11. Sitting on a stool (ten seconds) and standing up - execution, and maintain balance.
12. Crawling through a hoop - execution, and maintain balance.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least five minutes in length and using at least eight different stunts - the routine and the standards of achievement to be approved by the Instructor.

VII. Globe walking activities.

1. Mounting, maintaining balance (ten seconds) and dismounting - in good form.
2. Walking forward and backward - 20 feet in each direction, and maintain balance.
3. Walking in a circle (ten feet in diameter) forward and backward - execution, and maintain balance.
4. Running forward and backward - 20 feet in each direction, and maintain balance.
5. Standing, sitting down, and standing up - execution, and maintain balance.
6. Walking sideward right and left - 20 feet in each direction, and maintain balance.
7. Walking forward spinning hoops on the arms - 10 feet and maintain balance.
8. Walking forward and spinning a rope in a horizontal loop - 10 feet, and maintain balance.
9. Walking forward and spinning a twenty-foot rope in a wedding ring - 10 feet and maintain balance.

10. Walking up and down the incline plank - execution, and maintain balance.
11. Jumping into a hoop held in one hand - execution, and remove over head.
12. Standing on ball and skipping rope - six skips - execution, and maintain balance.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least eight different stunts - the routine and the standards of achievement to be approved by the Instructor.

VIII. Trampolene (bouncing table) activities.

1. Performing a full twist in a vertical position - execution, and continue bouncing.
2. Performing a back fall and forward lift to the feet - execution, in good form.
3. Performing a chest fall and backward lift the feet - execution, in good form, and continue bouncing.
4. Performing a back fall and a backward lift to the feet - execution, and continue bouncing.
5. Performing a back fall and a forward lift to a chest fall, and a backward lift to the feet - execution, and continue bouncing.
6. Performing a back fall with a forward lift, half twist to a back fall, forward lift to the feet - execution, and continue bouncing.
7. Performing a back fall, forward somersault, to a back fall, and a forward lift to the feet - execution, and continue bouncing.
8. Performing a back fall, backward somersault, and a backward lift to the feet - execution, and continue bouncing.
9. Performing a back somersault - execution, and continue bouncing.
10. Performing a one and a-half back somersault to a back fall with a forward lift to the feet - execution, and continue bouncing.
11. Performing a front somersault - execution, and continue bouncing.
12. Performing a swan dive (five feet high) on to the back, forward lift to feet - execution, and continue bouncing.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least one minute in length and using five or more different stunts - the routine and the standard of achievement to be approved by the Instructor.

P.E. 38, Circus Stunts.

IX. Object balancing activities

1. Balancing a four-foot wand on one hand, toss it to the other hand without a turn, then back to the first hand - execution, and maintain balance.
2. Balancing a four-foot wand on one hands, toss it into the air with a one-half turn and catch it on the other hand, then toss it with a half turn back to the first hand - execution, and maintain balance.
3. Balancing a ten-foot pole on the forehead, sit down and stand up - execution, and hold 5 seconds.
4. Balancing a chair on the chin - 10 seconds.
5. Balancing a ten-foot pole on the toe of one foot while standing on the other foot - 5 seconds.
6. Balancing a ten-foot pole on the toe of one foot while standing on the other foot, tossing it and catching it on one hand - execution, and hold 5 sec.
7. Balancing a ten-foot pole (with a croquet ball on the top) on the chin - 10 seconds.
8. Balancing a ten-foot ladder on the forehead - 10 sec.
9. Balancing a ten-foot pole (with cross bar and spinning plates on top end) on the chin - 10 seconds.
10. Balancing a sword (with spinning plate on the point) on the chin - 10 seconds.
11. Balancing a ladder (with a chair fastened to the top end) on the chin - 10 seconds.
12. Balancing any piece of apparatus on the chin and spinning two hoops on the arms - 10 seconds.
13. 14. Executing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Executing a satisfactory routine of at least four minutes in length and using at least eight different stunts - the routine and the standard of achievement to be approved by the Instructor.

X. Unicycle activities

1. Mounting, maintaining balance (five seconds) and dismounting - execution, in good form.
2. Riding forward - execution, in good form.
3. Riding backward - 20 feet.
4. Riding forward, stopping, riding backward, stopping, and riding forward - 10 feet in each direction.
5. Riding in circle (ten feet in diameter)
   a. To the right - execution
   b. To the left - execution
6. Performing a figure eight circle - execution
7. Riding forward, turning, riding backward, turning and riding forward - 10 feet in each direction.
8. Riding forward and picking up a handkerchief from the floor - execution, and maintain balance.
9. Riding forward and spinning hoops on the arms - 20 ft.
10. Riding forward, rolling hoop on the floor, and catching it - execution, and maintain balance.

P.E. 49. Circus Stunts.

P.E. 17. Object balancing activities

1. Balancing a four-foot wand on one hand, toss it to the other hand without a turn, then back to the first hand - execution, and maintain balance.
2. Balancing a four-foot wand on one hand, toss it into the air with a one-half turn and catch it on the other hand then toss it with a half turn back to the first hand - execution, and maintain balance.
3. Balancing a ten-foot pole on the forehead, sit down and standing - execution, and hold 5 seconds.
4. Balancing a chair on the chin - 10 seconds.
5. Balancing a ten-foot pole on the top of one foot while standing on the other foot - 5 seconds.
6. Balancing a ten-foot pole on the top of one foot while standing on the other foot, tossing it and catching it on one hand - execution, and hold 5 sec.
7. Balancing a ten-foot pole (with a compact ball on the top) on the chin - 10 seconds.
8. Balancing a ten-foot ladder on the forehead - 10 sec.
9. Balancing a ten-foot pole (with cross bar and spinning plates on top and) on the chin - 30 seconds.
10. Balancing a wood (with spinning plate on the point) on the chin - 10 seconds.
11. Balancing a ladder (with a chair fastened to the top end) on the chin - 10 seconds.
12. Balancing two pieces of [illegible] on the chin and spinning two hoops on the arms - 30 seconds.
13. Operating two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
14. Executing a satisfactory routine of at least four minutes in length and using at least eight different stunts - the routine and the standard of achievement to be approved by the Instructor.

I. Unicycle activities

1. Mounting, maintaining balance (five seconds) and dismounting - execution, in good form.
2. Riding forward - execution, in good form.
3. Riding backward - 20 feet.
4. Riding forward, stopping, riding backward, stopping, and riding forward - 10 feet in each direction.
5. Riding in circle (two feet in diameter)
   a. To the right - execution
   b. To the left - execution
6. Performing a figure eight circle - execution
7. Riding forward, turning, riding backward, turning and riding forward - 10 feet in each direction.
8. Riding forward and stopping at a [illegible] from the floor - execution, and maintain balance.
9. Riding forward and spinning hoops on the arms - 30 ft.
10. Riding forward, rolling hoop on the floor, and [illegible] it - execution, and maintain balance.

11. Riding forward and spinning a ten-foot rope in a horizontal spin - 20 feet.
12. Riding zig-zag through a row of eight Indian Clubs set in a straight line and three feet apart - execution.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least eight different activities - the routine and the standard of achievement to be approved by the Instructor.

XI. Hand balancing activities.
1. Walking on the hands forward and backward - 5 feet in each direction.
2. Walking on the hands sideward left and right - 5 feet in each direction.
3. Walking forward on the hands and slapping the chest with each step - 10 feet.
4. Standing on the hands on blocks (laid flat) walk in a circle five feet in diameter - execution.
5. Standing on the hands on ten blocks (five under each hand) - 10 seconds.
6. Stand on the hands on six brick blocks (3 under each hand), removing the blocks one at a time - execution and maintain balance.
7. Standing on the hands on the pedestals and stepping down - execution, and maintain balance.
8. Performing a half lever on the pedestals, and pushing up to a hand stand - execution, and maintain balance.
9. Walking forward down the stairs (ten steps)
10. Jumping forward down the stairs, one step at a time - 5 steps.
11. Standing on the hands on the table pirouette on one hand - 1 full turn and maintain balance.
12. Walking forward up the stairs - 5 steps.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least two minutes in length and using at least six different stunts - the routine and the standard of achievement to be approved by the Instructor.

XII. Giant wheel activities
1. Performing cartwheels
   a. To the right - 4 revolutions
   b. To the left - 4 revolutions
2. Performing handsprings
   a. Forward - 4 revolutions
   b. Backward - 4 revolutions
3. Performing handsprings with partner (in same wheel)
   a. Forward - 2 revolutions
   b. Backward - 2 revolutions
4. Performing cartwheels with partner (in same wheel)
   a. To the right - 2 revolutions
   b. To the left - 2 revolutions

P.A. 36. Circus Stants.

11. Riding forward and spinning a ten-foot rope in a horizontal axis - 20 feet.
12. Riding sig-sag through a row of eight Indian Clubs set in a straight line and three feet apart - execution.
13. 14. Performing two optional stants - the stants and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least eight different activities - the routine and the standard of achievement to be approved by the Instructor.

XI. Band balancing activities:
1. Waiting on the hands forward and backward - 5 feet in each direction.
2. Waiting on the hands sideward left and right - 5 feet in each direction.
3. Waiting forward on the hands and stepping the chest with each step - 10 feet.
4. Standing on the hands on blocks (laid flat) wait in a whole five feet in character - execution.
5. Standing on the hands on two blocks (five under each hand) - 10 seconds.
6. Stand on the hands on six brick blocks (3 under each hand), removing the blocks one at a time - execution and maintain balance.
7. Standing on the hands on the pedestals and stepping down - execution, and maintain balance.
8. Performing a half lever on the pedestals, and pushing up to a hand stand - execution, and maintain balance.
9. Waiting forward down the stairs (ten steps)
10. Stepping forward down the stairs, one step at a time - 5 steps.
11. Standing on the hands on the table pirouette on one hand - 1 full turn and maintain balance.
12. Waiting forward up the stairs - 5 steps.
13. 14. Performing two optional stants - the stants and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least two minutes in length and using at least six different stants - the routine and the standard of achievement to be approved by the Instructor.

XII. Giant wheel activities
1. Performing earthquake
a. To the right - 4 revolutions
b. To the left - 4 revolutions
2. Performing handsprings
a. Forward - 4 revolutions
b. Backward - 4 revolutions
3. Performing handsprings with partner (in hand wheel)
a. Forward - 2 revolutions
b. Backward - 2 revolutions
4. Performing earthquake with partner (in hand wheel)
a. To the right - 3 revolutions
b. To the left - 3 revolutions

5. Rolling in a circle (20 feet in diameter) - execution
6. Performing a figure eight - execution
7. Performing a half pirouette - execution, and continue rolling
8. Performing front flat spins (30 inches from floor) - 5 in succession.
9. Performing 2 front flat spins and returning to a vertical position - execution.
10. Performing hand springs without the use of the hands
    a. Forward - 4 revolutions
    b. Backward - 4 revolutions
11. Performing back flat spins (30 inches from floor) - 2 in succession.
12. Performing 2 back flat spins and returning to the vertical position - execution.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least three minutes in length and using at least six different stunts - the routine and the standard of achievement to be approved by the Instructor.

XIII. Hand balancing activities on tables and chairs

1. Performing a handstand on the table - 10 seconds
2. Performing a head stand on the table, press up to a hand stand - execution, and hold 5 seconds
3. Performing a single elbow lever on the pedestal on top of table - 5 seconds.
4. Walking across the table and dismounting with a handspring - execution
5. Performing a hand stand on the pedestals on the table, stepping down to the table on the hands and dismounting with a vault - execution.
6. Performing a handstand on the table, coming down to a chest rock, and pushing up to handstand - execution and maintain balance
7. Performing a hand stand on a chair (one hand on back one hand on seat) - 10 seconds.
8. Performing a handstand on the tops of two chairs - 10 seconds.
9. Performing a half-lever on the tops of two chairs, pushing up to a handstand - execution, and maintain balance
10. Performing a half-lever on one chair, pushing up to a handstand - execution, and maintain balance
11. Performing a handstand on the table, stepping off on to a chair, and stepping down to the floor - execution.
12. Dismounting from the table by jumping from a handstand at the edge of the table to the mat, landing on the hands and finishing with a forward roll to the feet - execution.

P.E. 18, Circle Stunts.

5. Sailing in a circle (20 feet in diameter) - execution.
6. Performing a figure eight - execution.
7. Performing a half pirouette - execution, and realized setting.
8. Performing front flat spins (20 inches from floor) - 2 in succession.
9. Performing 3 front flat spins and returning to a vertical position - execution.
10. Performing hand springs without the use of the hands:
    a. Forward - 4 revolutions.
    b. Backward - 4 revolutions.
11. Performing back flat spins (20 inches from floor) - 2 in succession.
12. Performing 2 back flat spins and returning to the vertical position - execution.
13, 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the instructor.
15. Performing a routine of at least three minutes in length and using at least six different stunts - the routine and the standard of achievement to be approved by the instructor.

XIII Hand balancing activities on tables and chairs

1. Performing a handstand on the table - 10 seconds.
2. Performing a hand stand on the table, press up to a hand stand - execution, and hold 3 seconds.
3. Performing a single elbow lever on the pedestal on top of table - 5 seconds.
4. Walking across the table and dismounting with a handspring - execution.
5. Performing a hand stand on the pedestals on the table, stepping down to the table on the hands and dismounting with a vault - execution.
6. Performing a handstand on the table, coming down to a chest rest, and pushing up to handstand - execution and maintain balance.
7. Performing a hand stand on a chair (one hand on back one hand on seat) - 10 seconds.
8. Performing a handstand on the back of two chairs - 10 seconds.
9. Performing a half-lever on the back of two chairs, pushing up to a handstand - execution, and maintain balance.
10. Performing a half-lever on one chair, pushing up to a handstand - execution, and maintain balance.
11. Performing a handstand on the table, stepping off on to a chair, and stepping down to the floor - execution.
12. Dismounting from the table by jumping from a handstand at the edge of the table to the mat, landing on the hands and finishing with a forward roll to the feet - execution.

P.E. 38, Circus Stunts.

13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least three minutes in length, and using at least five different stunts - the routine and standard of achievement to be approved by the Instructor.

XIV. Knife throwing activities

1. Sticking knives into board at five paces, using the handle grip and one turn - 3 out of 5 throws
2. Sticking knives into the board, at five paces, throwing under hand, any style - 3 out of 5 throws.
3. Sticking knives into the board at five paces, using the point grip, and one half turn - 3 out of 5 throws.
4. Sticking knives into board at five paces, using the point grip and one and a-half turns - 3 out of 5 throws.
5. Sticking knives into the board at ten paces, throwing any style, - 3 out of 5 throws.
6. Sticking knives into a target (one foot in diameter) throwing any style - 3 out of 5 throws - at 5 paces.
7. Sticking knives in the board in a straight horizontal line at five paces - throwing any style - 3 out of 5 throws.
8. Sticking knives in the board in a straight vertical line at five paces, throwing any angle - 3 out of 5 throws.
9. Sticking knives in the board in a cross (vertical bisected by a horizontal) at 5 paces, throwing any style - 5 out of 8 throws.
10. Sticking knives into the board at five paces - throwing with the left hand, any style, - 3 out of 7 throws.
11. Sticking knives into the board at five paces, throwing them over either shoulder - 3 out of 7 throws.
12. Sticking knives into the board at five paces, throwing between the legs - 3 out of 7 throws.

13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least six different stunts - the routine and the standard of achievment to be approved by the Instructor.

XV. Sportsmanlike conduct in performing circus stunts

XVI. Healthmanlike conduct in performing circus stunts

P.E. 38, Circus Stunts

Term Paper. Each individual will be asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "Sporting Adventures". The paper must be turned in during the tenth week or fourteenth week of the semester on a date set by the Instructor.

Chater, M. Two Canoe Gypsies. New York: Harcourt, Brace and Co., 1933. 230 p.

Fenger, F. A. Cruise of the Diablesse. New York: Yachting, Inc., 1926.

Freeman, Louis R. Waterways of Westward Wandering. New York: Dodd-Mead & Co., 1927. 368 p.

Heilner, Van Campen. Adventures in Angling. New York: Appleton, 1922.

Kugy, Julius. Alpine Pilgrimage. London: John Murray, 1934. 374 p.

Lewenhaupt, C. A. C. Sport Across the World. New York: E. P. Dutton & Co., 1933. 288 p.

Pidgeon, H. Around the World Single Handed. New York: Appleton, 300, 1932. 372 p.

Pope, Saxton T. Hunting with the Bow and Arrow. San Francisco: S. H. Barry, 1922. 245 p.

Robinson, W. A. 10,000 Leagues Over the Sea. Harcourt, Brace and Co., 1932. 372 p.

Smythe, F. S. An Alpine Journey. London: Victor Gollancz, 1934. 351 p.

Tousley, A. S. Where Goes the River. Iowa City: Tepee Press, 1929. 296 p.

VanDyke, Henry. A Creelful of Fishing Stories. New York: Chas. Scribner's Sons, 1932. 418 p.

White, Stewart E. Lions in the Path. New York: Doubleday Doran and Co., 1926.

Wright, Eugene. Great Horn Spoon. New York: Bobbs-Merrill Co., 1928. 320 p.

Young, G. W. On High Hills (3rd edition). New York: E. P. Dutton & Co., 1933. 382 p.

Tambs, Erling. Cruise of the Teddy. New York: Harcourt Brace and Co., 1934.

Examinations. There are three examination periods in this course, during (1) the seventh week, (2) the thirteenth week, and (1) the final examination period. Each student may take a performance examination in any and all of the stunts he chooses during each of these periods. Each student is given two trials in each examination. In other words, each student may have a total of six trials at each stunt. Satisfactory performance in any trial is credited as passing.

Grading Plan

Term paper	3 pts.
Performance test, 15 stunts (1 pt. each)	15 "
Sportsmanship	2 "
Healthmanship	2 "
	22 pts.

P.E. 38, Circus Stunts

Grade Scale

20 or more pts.	A
18 - 19 pts.	B
14 - 17 pts.	C
12 - 13 pts.	D
11 or less pts.	E

Proficiency Examination. The proficiency examination in circus stunts consists of performing stunts in any one of the fields of activity covered in the course. The examinee may perform any of the stunts included in the lists given above or may substitute stunts acceptable to the examiner. The examinee is given two trials at each stunt. Students who perform eight stunts satisfactorily are awarded credit in the course.

Student Circus. The students enrolled in this course are invited to participate in the Student Circus held during the third week in May.

E.T. 86, Grade Study.

Table-Total

20 or more yrs.	4
16 - 19 yrs.	8
14 - 17 yrs.	17
12 - 13 yrs.	0
11 or less yrs.	2

Relations Examined. The preceding examination shows a number of relations which is any one of the fields of activity covered in the course. The students may certain of the minute included in the lists given above or any subsidiary minute analysis or lab exercises. The questions is given in quizzes or each class. Students who question right twice within temporarily are counted credit in the course.

Schedule Group. The students enrolled in this course are invited by [illegible] in the Student Union Hall during the hours now in use.

P. E. 39, ADVANCED CIRCUS STUNTS

Admission. This course is open only to students who have secured credit in P.E. 38, Circus Stunts.

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas rubber shoes.

Textbook. Cramlet, T. & Hinote, R. C. Physical Education Activities. New York: Dodd Mead & Co., 1932. 302 p.

Objectives. The ultimate (conduct) objective of this course is: Performing circus stunts, according to social and hygienic standards. Eleven fields of activity are offered in the course. Each field includes fifteen stunts and routines. Each student may work in any one of the fields of activity listed in the description of P.E. 38 (provided he has not received credit for that particular field of activity), or in any one of the fields listed below (provided he has received credit in the beginning course outlined under P.E. 38). The fields of activity offered, the activities included in each field, and the standards of achievement set for each are given below:

I. (a) Aerial casting activities (flyman)
   1. Performing full turn - execution, with feet together and toes pointed.
   2. Performing a float over with a half twist - execution, with feet together and toes pointed.
   3. Performing a pirouette jack - execution, with feet together and toes pointed.
   4. Performing a gainor with a tuck - execution, in good form.
   5. Performing a full turn at one end, with feet together and toes pointed.
   6. Performing a half corkscrew - execution, with body and legs straight.
   7. Performing a series of three full turns at one end - execution, with feet together and toes pointed.
   8. Performing a full gainor at one end with tuck - execution, in good form.
   9. Performing a center flip - execution, land on back with hands behind neck, spring to feet.
   10. Performing a flyaway with tuck - execution, in good form.
   11. Performing a pirouette dive - execution, with feet together and toes pointed.
   12. 13. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
   14. 15. Performing two routines of at least five different stunts each - the routines and the standard of achievement for each to be approved by the Instructor.

P.E. 39, Advanced Circus Stunts

I. (b) Aerial casting activities (topman)

1. Throwing and catching a full turn - execution, in good form.
2. Throwing and catching a float over with a half twist - execution, in good form.
3. Catching a pirouette jack - execution, in good form.
4. Throwing and catching a gainor - execution, in good form.
5. Throwing and catching a full turn at one end - execution, in good form.
6. Throwing and catching a half corkscrew - execution, in good form.
7. Throwing and catching a series of three full turns at one end - execution, in good form.
8. Throwing and catching a full gainor at one end - execution, in good form.
9. Throwing a center flip - execution, in good form.
10. Throwing and catching a flyway - execution, in good form.
11. Catching a pirouette dive - execution, in good form.
12. 13. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
14. 15. Performing two routines of at least four different stunts each - the routines and the standard of achievement for each to be approved by the Instructor.

II. Juggling activities

1. Showering (cascading) four balls
   a. Right to left hand - 10 tosses without fail
   b. Left to right hand - 10 tosses without fail
2. Showering (cascading) five balls, either way - 10 tosses without fail
3. Juggling three balls criss-cross, passing every fifth over the opposite shoulder - 15 tosses without fail.
4. Juggling three balls criss-cross and exchanging every third ball with partner, standing side by side - 15 tosses without fail.
5. Juggling three balls criss-cross, and exchanging every third ball with partner standing opposite - 15 tosses without fail.
6. Juggling three balls criss-cross and exchanging every ball with partner, standing opposite - 15 tosses without fail.
7. Juggling three balls criss-cross while using the spinning plates - 15 tosses without fail.
8. Juggling three clubs, double spin - 10 tosses without fail.
9. Juggling three miscellaneous objects (for example hoops, soccer balls, etc.) criss-cross - 15 tosses without fail.
10. Juggling a combination of three miscellaneous objects (for example, 1 hoop, 1 ball, and 1 Indian club), criss-cross - 15 tosses without fail.

11. Juggling with straight toss using Devil Sticks - 5 tosses without fail.
12. Juggling with straight toss and spin using Devil Sticks - 5 tosses without fail.
13. 14. Performing two optional feats in juggling or with the Devil Sticks, the feats and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least eight different activities - the routine and the standard of achievement to be approved by the Instructor.

III. Rope spinning activities

1. Performer A spins a twenty-foot rope in a handshake loop. Performer B jumps into the loop and takes the spoke from Performer A, changing the spin to a wedding ring loop - execution, both parts of the stunt.
2. Spinning a twenty-foot rope in a handshake loop, hurdling the spoke five times in succession and changing back to a wedding ring loop - execution.
3. Spinning two ten-foot ropes (one in each hand) in vertical loops - 10 spins, each.
4. Starting a spin by jumping into a twenty-foot rope in a horizontal loop - execution, and continue spinning.
5. Spinning a twenty-foot rope in a wedding ring loop, and executing a juggle (throwing the loop higher than the head and back to the floor) - 5 times.
6. Spinning a twenty-foot rope in a wedding ring loop and executing a merry-go-round (loop throw up as in juggle and away from body, return to wedding ring) - complete revolution, and continue spinning.
7. Spinning a twenty-foot rope in a wedding ring loop and executing a handshake, hurdling the rope with alternate legs - 5 times in succession.
8. Spinning a twenty-foot rope in a vertical loop and jumping through the loop - execution, and continue spinning.
9. Spinning a twenty-foot rope in a vertical loop and jumping through it and back - execution, and continue spinning.
10. Spinning two ten-foot ropes (one in each hand) one in a vertical loop, and one in a horizontal loop, 5 spins each.
11. Performing an ocean wave with a ten foot rope - two spins to right of performer and two to the left and continue spinning.
12. Spinning a sixty-foot rope in a wedding ring loop - 5 spins after loop has reached its maximum size
13.14. Performing two optional stunts, the stunts and the standards of achievement to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least twelve different stunts - the routines and standards of achievement to be approved by the Instructor.

P.E. 39, Advanced Circus Stunts,

IV. Ladder balancing activities.

1. Walking to partner on ladder and changing ladders - execution, and continue walking.
2. Playing catch with partner (on the floor) using a medicine ball - five throws and five catches - execution.
3. Climbing an eight-foot ladder backwards - execution.
4. Balancing on the eighteen-foot ladder (stationary or moving) - 10 seconds.
5. Walking on ladder (any size) perform a half pirouette and continue walking.
6. Walking on a ladder (any size) and spinning a ten-foot rope in a small horizontal loop - 10 spins, and continue walking.
7. Balancing on a ladder (any size) and juggling three balls criss-cross - 10 tosses and continue in balance
8. Balancing on a ladder (any size) and spinning a twenty-foot rope in a wedding ring loop - 5 spins of the loop, and continue walking.
9. Balancing on a ladder (any size) with the legs in a half lever position - 5 seconds, and continue walking.
10. Walking on a ladder (any size) and jumping forward up the stairs and down on the other side - execution, and continue walking.
11. Walking on a ladder (any size) and jumping backward up the stairs of the stair platform and down on the other side - execution, and continue walking.
12. Balancing on one upright of an eight-foot ladder (stationary or moving) - 5 seconds, and resume walking.

13.14. Performing two optional stunts, the stunts and the standard of achievement for each to be approved by the Instructor.

15. Performing a routine of at least five minutes in length and including at least seven stunts - the routine and the standard of achievement to be approved by the Instructor.

V. Slack wire activities

1. Lieing down and swinging from side to side - 5 complete swings and maintain balance
2. Standing and swinging from side to side - 5 complete swings, and maintain balance
3. Sitting on a chair (10 seconds) and stand up - execution, and maintain balance
4. Sitting on a chair and spinning hoops on the arms - 10 seconds
5. Sitting on a chair and juggling three balls criss-cross - 10 tosses without fail.
6. Standing and juggling three hoops criss-cross - 15 tosses without fail.
7. Standing and juggling three plates (or clubs) criss-cross - 10 tosses without fail.
8. Standing on the first rung of the balancing ladder - 10 seconds.
9. Executing a tandem walk with partner forward and backward - 3 steps in each direction.

[illegible] 9. [illegible] events.

[illegible]. [illegible] balancing activities.

1. [illegible] on [illegible], [illegible] [illegible] - [illegible], and another activity.
2. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] - [illegible] [illegible] [illegible] - [illegible].
3. [illegible] [illegible] [illegible] [illegible] - [illegible].
4. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible].
5. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

10. Crawling through the hoop - execution, and continue balancing.
11. Standing and spinning a ten-foot rope in a horizontal loop - 5 spins, and continue balance.
12. Sitting on a chair at table and pantomine eating - 10 seconds.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least eight different stunts - the routine and the standard of achievement to be approved by the Instructor.

VI. Tight wire activities (high wire)
1. Dismounting - execution, in good form
2. Walking forward - from platform to platform.
3. Standing, lieing down, and standing up - execution, and maintain balance.
4. Performing either one of the following mounts:
   a. Mounting with a straight pull up, execution
   b. Mounting with a backward circle to a front rest - execution.
5. Walking the hoop forward and backward - 5 steps in each direction.
6. Crawling through the hoop - execution, and maintain balance.
7. Performing either one of the following stunts:
   a. Juggling three balls criss-cross - 10 tosses
   b. Spinning a ten-foot rope in a small horizontal loop - 8 spins.
8. Dancing on the wire - from platform to platform
9. Jumping into hoop held by partner and out again (hoop held six inches above the wire) - execution, and maintain balance
10. Jumping over rope held a foot above the wire - execution, and maintain balance.
11. Performing a tandem walk with partner - from platform to platform.
12. Tossing and catching the medicine ball (three feet) while seated on the stool or on a chair - 5 tosses, without fail.
13. 14. Performing two optional stunts - the stunts and the standard of achievement for each to be approved by the Instructor.
15. Performing a routine of at least four minutes in length and using at least eight different stunts - the routine and the standard of achievement to be approved by the Instructor.

P.E. 39, Advanced Circus Stunts

VII. Teeter board activities
The particular activities included in this field and the standards of achievement for the same will be specified by the Instructor.

VIII. Revolving ladder activities
The particular activities included in this field and the standards of achievement for the same will be specified by the Instructor.

IX. Miscellaneous balancing activities
The particular activities included in this field and the standards of achievement for the same will be specified by the Instructor

X. Foot juggling activities
The specific activities included in this field and the standards of achievement for the same will be specified by the Instructor

XI. Sportsmanlike conduct in performing circus stunts

XII. Healthmanship conduct in performing circus stunts

Term Paper. Each individual is asked to write a review (1000 to 2500 words) of one of the references given below. Subject, "General History of Sports and Sports Education." The paper must be turned in during the tenth or fourteenth week of the semester, on a date set by the Instructor.

Forbes, Clarence A. Greek Physical Education. New York: The Century Company, 1929, 300 p.

Gardiner, E. Norman. Athletics of the Ancient World. Oxford: Clarendon Press, 1930. 246 p.

Harlan, Hugh. History of the Olympic Games. Los Angeles: Bureau of Athletic Research, 1932. 116 p.

Holliman, Jennie. American Sports, 1785-1835. Durham: The Sieman Press, 1931. 222 p.

Manchester, Herbert. Four Centuries of Sports in America. New York: The Derrydale Press, 1931. 248 p.

Rice, Emmet A. A Brief History of Physical Education. New York: A. S. Barnes and Co., 1926. 276 p.

- - - - - - -. Games of the Xth Olympiad, Los Angeles, 1932. Los Angeles: Xth Olympiad Committee, 1933. 814 p.

Examinations. There are three examination periods in this course, during (1) the seventh week, (2) the thirteenth week, and (3) the final examination period. Each student may take an examination in any and all of the stunts he chooses during each of these periods. Each student is given two trials in each examination. In other words, each student may take a total of six trials at each stunt. Satisfactory performance in any trial is credited as passing.

P.E. 38, Advanced Circus Stunts

VII. Tester board activities
The particular activities included in this field and the standards of achievement for the same will be specified by the Instructor.

VIII. Revolving ladder activities
The particular activities included in this field and the standards of achievement for the same will be specified by the Instructor.

IX. Miscellaneous balancing activities
The particular activities included in this field and the standards of achievement for the same will be specified by the Instructor

X. Foot juggling activities
The specific activities included in this field and the standards of achievement for the same will be specified by the Instructor

XI. Sportsmanlike conduct in performing circus stunts

XII. Healthmanship conduct in performing circus stunts

Term Paper. Each individual is asked to write a review (1000 to 2500 words) of one of the references given below. Subject, "General History of Sports and Sports Education." The paper must be turned in during the tenth or fourteenth week of the semester, on a date set by the Instructor.

Forbes, Clarence A. Great Physical Education. New York: The Century Company, 1929. 300 p.
Gardiner, E. Norman. Athletics of the Ancient World. Oxford: Clarendon Press, 1930. 246 p.
Harlan, Hugh. History of the Olympic Games. Los Angeles: Bureau of Athletic Research, 1932. 118 p.
Hollman, Jennie. American Sports, 1785-1835. Durham: The Seeman Press, 1931. 238 p.
Manchester, Herbert. Four Centuries of Sports in America. New York: The Derrydale Press, 1931. 243 p.
Rice, Emmet A. A Brief History of Physical Education. New York: A. S. Barnes and Co., 1926. 376 p.
- - - - - - -. Games of the 9th Olympiad, Los Angeles, 1932. Los Angeles: 9th Olympiad Committee, 1932. 214 p.

Examinations. There are three examination periods in this course, during (1) the seventh week, (2) the thirteenth week, and (3) the final examination period. Each student may take an examination in any and all of the stunts he chooses during each of these periods. Each student is given two trials in each examination. In other words, each student may take a total of six trials at each stunt. Satisfactory performance in any trial is credited as passing.

P.E. 39, Advanced Circus Stunts.

Grading Plan

Term paper	3 pts.
Performance test, 15 stunts (1 pt. each)	15 "
Sportsmanship	2 "
Healthmanship	2 "
	22 pts.

Grade Scale

20 or more pts.	A
18-19 pts.	B
14-17 pts.	C
12-13 pts.	D
11 or less pts.	E

Proficiency Examination. The proficiency examination in Advanced Circus Stunts consists of performing stunts in any one of the fields of activity listed above, or any one of the fields listed under P.E. 38 for which the student does not already have credit. The examinee may perform any of the stunts included in the lists given above, or may substitute stunts acceptable to the examiner. The examinee is given two trials at each stunt. Students who perform eight stunts satisfactorily are awarded credit in the course.

Student Circus. The students enrolled in this course are invited to participate in the Student Circus held during the third week in May.

P. E. 40, GAMES, CONTESTS, AND RELAYS

Costume. Blue cotton drill shorts with orange stripes, white wool socks, and canvas-rubber shoes.

Textbook. Staley, S. C. Games, Contests, and Relays. New York: A. S. Barnes and Co., 1924. 354 p.
Law, Glenn. Games, Contests and Relays. Urbana: University of Illinois Information Office, 1933. 41 p.

Objectives. The ultimate (conduct) objective of this course is: Participating in and teaching semi-organized games, unorganized games, unorganized contests, and unorganized relays, according to social and hygienic standards. The standard of achievement is: Reasonably well. Four semi-organized games, twelve unorganized games, twelve unorganized contests, and twelve unorganized relays are taught in the course. Each student enrolled in the course is required to teach two additional activities of the same types. The particular games, contests, and relays taught in the course are enumerated below.

I. Semi-organized games

1. Pin ball
2. Punch ball
3. Bat ball
4. Slap ball

II. Unorganized games

1. Sock 'em
2. Broncho tag
3. Cowboy tag
4. Dodge ball
5. Cleaning the fort
6. Hot hand
1. Shoe scramble
2. Club snatch
3. Number ball
4. Medicine ball tag
5. Jumping circle
6. Poison circle

III. Unorganized contests

1. Step on toes
2. Spot wrestle
3. Indian wrestle
4. Lifting contest
5. Mounted wrestle
6. Hand wrestle
1. Swat 'em
2. Mounted boxing
3. Stick wrestle
4. Stick turn
5. Stick pull
6. Elbow struggle

IV. Unorganized relays

1. Centipede relay
2. Fireman carry
3. Wheelbarrow relay
4. Jump stick relay
5. Leap frog relay
6. Man lift relay
1. Running relay
2. Dizzy Izzy relay
3. Crab walk relay
4. Down and up relay
5. Skin the snake
6. Tap top relay

P.E. 40, Games, Contests, and Relays

V. Sportsmanlike conduct in engaging in semi-organized games, unorganized games, unorganized contests, and unorganized relays.

VI. Healthmanlike conduct in engaging in semi-organized games, unorganized games, unorganized contests, and unorganized relays.

Term Paper. Each individual is asked to prepare a term paper (1000 to 2500 words) dealing with the subject, "Technique of Teaching Sports." This paper should be based on the observation of two university physical education classes and should include (1) a list of the good and bad techniques observed in each class, and (2) a short essay on ways for improving the same. The paper must be turned in during the tenth week of the semester, on a date set by the Instructor.

Examinations. A performance examination consisting of teaching an original (new in the class) game contest or relay, given during the last four class meetings. A written examination covering the technique of teaching games, contests, and relays is given during the final examination period.

Grading Plan

Term paper	15 pts.
Performance test, teaching one game contest or relay	30 "
Written test, 15 questions (1 pt. each)	15 "
Ability estimate on the quality of play demonstrated during the semester	30 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. There is no proficiency examination in this course.

Intersectional Competition. There is no intersectional competition in this course.

P. E. 41, ADVANCED SWIMMING

Admission. This course is open only to students who can swim fifty yards.

Costume. Black rubber swimming cap.

Textbook. Cureton, T. K. How to Teach Swimming & Diving. New York: Association Press, 1934. 238 p.

Objectives. The ultimate (conduct) objectives of the course are: Engaging in swimming and diving, according to social and hygienic standards. Three strokes and four dives are taught in the course. The particular activities taught in this course and the standards of achievement adopted for the same are as follows:

I. Swimming
   1. Crawl stroke (with racing start and proper turn) - 50 yards in 32 seconds
   2. Breast stroke (with racing start and proper turn) - 50 yards in 45 seconds
   3. Back stroke (with racing start and proper turn) - 50 yards in 45 seconds

II. Diving
   1. Front dive - enter water vertically, hands together, feet together
   2. Back dive - enter water, vertically, hands together, feet together
   3. Front jackknife dive - touch toes with the hands, enter water vertically, hands together, feet together
   4. Back jackknife dive - touch toes with the hands, enter water vertically, hands together, feet together

III. Sportsmanlike conduct in swimming

IV. Healthmanlike conduct in swimming

Term Paper. Each student is asked to prepare a paper on the subject of "Aquatic Sports." The student may report on any phase of the subject he chooses, such as: "The Mechanics of Swimming", "Swimming Pool Sanitation", "The History and Development of the Crawl Stroke", "The Factors Involved in Constructing an Indoor Swimming Pool", "Beach Management", etc. The paper should include references from at least two sources. It must be turned in between the seventh week and fifteenth week of the semester, on a date set by the Instructor. Reference Topics: Swimming, Swimming Pools, Yachting, Sailing, Boating, Rowing, Canoeing. Reference Magazines: Beach and Pool, Yachting.

P.E. 41, Advanced Swimming.

Examinations. Two examinations are given in the course. The first is a performance examination in swimming the crawl stroke 50 yards, swimming the back stroke 50 yards, and swimming the breast stroke 50 yards. The examination in each of these events is given on different days during the last four weeks of the semester. The second is a performance examination in the four dives taught in the course. This is given during the final examination period.

Grading Plan

Term paper	16 pts.
Performance test, 3 swims (20 pts. each)	60 "

Breast Stroke 50 Yds.		Crawl Stroke 50 Yds.		Back Stroke 50 Yds.	
:45 or less	20 pts.	:32 or less	20 pts.	:45 or less	20 pts.
:47	19 pts.	:35	19 pts.	:47	19 pts.
:49	18 pts.	:38	18 pts.	:49	18 pts.
:51	17 pts.	:41	17 pts.	:51	17 pts.
:53	16 pts.	:44	16 pts.	:53	16 pts.
:55	15 pts.	:47	15 pts.	:55	15 pts.
:57	14 pts.	:50	14 pts.	:57	14 pts.
:59	13 pts.	:53	13 pts.	:59	13 pts.
1:01	12 pts.	:56	12 pts.	1:01	12 pts.
1:03	11 pts.	:59	11 pts.	1:03	11 pts.
1:05	10 pts.	:62	10 pts.	1:05	10 pts.
1:07	9 pts.	:65	9 pts.	1:07	9 pts.
1:09	8 pts.	:68	8 pts.	1:09	8 pts.
1:11	7 pts.	:71	7 pts.	1:11	7 pts.
1:13	6 pts.	:74	6 pts.	1:13	6 pts.
1:15	5 pts.	:77	5 pts.	1:15	5 pts.
1:17	4 pts.	:80	4 pts.	1:17	4 pts.
1:19	3 pts.	:83	3 pts.	1:19	3 pts.
1:21	2 pts.	:86	2 pts.	1:21	2 pts.
1:23	1 pt.	:89	1 pt.	1:23	1 pt.
1:24 or more	0 pts.	:90 or more	0 pts.	1:24 or more	0 pts.

Performance test, 4 dives (0 to 4 pts. each)	16 pts.
Sportsmanship	4 "
Healthmanship	4 pts.
	100 pts.

Grade Scale

90 or more pts.	A
80 - 90 pts.	B
70 - 80 pts.	C
60 - 70 pts.	D
59 or less pts.	E

P.E. 41, Advanced Swimming

Proficiency Examination. The proficiency examination in this course consists of a performance examination in the three swimming events and the four dives listed above. Each student will be given one trial in the swimming activities and two trials in the diving activities (the best trial to count). These examinations are scored in the same manner as the regular examinations. Students who secure a total of 50 or more points are awarded credit.

Intersectional Advanced Swimming Meet. Each class is asked to enter at least two contestants in each individual event and two squads of four men and three men respectively for the two relay races in this competition. Tryouts are held in each class to determine the best performers. Each student is permitted to enter in either one or two events including the relays. The winners of first and second place in the individual events and the winners of first place in the relays are awarded medals.

Events

1. 50 yards free style
2. 100 yards free style
3. 100 yards back stroke
4. 100 yards breast stroke
5. 200 yards free style relay (4 men on each team)
6. 75 yard individual medley
   - breast stroke, 25 yards
   - back stroke, 25 yards
   - crawl stroke, 25 yards
7. Diving
   - running front dive
   - back dive
   - running front jackknife dive
   - back jackknife dive
8. 150 yard medley relay (3 men on each team)
   - back stroke 50 yards
   - breast stroke 50 yards
   - crawl stroke 50 yards

P. E. 42, LIFE SAVING AND DIVING

Admission. The course is open only to students who can swim two strokes (crawl, breast, back, or side) for 100 yards each.

Costume. Black rubber swimming cap, and black cotton supporter.

Textbook. Red Cross Life Saving Methods. Washington: The American National Red Cross, 1932. 28 p.

Objectives. The ultimate (conduct) objectives of the course are: Engaging in life saving and diving, according to social and hygienic standards. The activities included in the Red Cross Senior Life Saving Test, and eight dives are taught in the course. The particular activities included under each of these headings and the standard of achievement for each are enumerated below.

I. Life Saving (Red Cross Senior Life Saving Test)
   1. Treading water - 30 seconds
   2. Floating motionless - 1 minute
   3. Disrobing shoes, pants, shirt and coat in deep water and then swimming one hundred yards - execution.
   4. Carrying in water another person fully dressed - one minute.
   5. Carryong on land another person of the same weight, using the fireman's carry or saddle back carry - 10 yards.
   6. Releasing from the front strangle hold four times in two different positions - execution.
   7. Releasing from the back strangle hold four times in two different positions - execution.
   8. Releasing from a double grip on one wrist four times using L. and R. wrist alternately - execution.
   9. Separating two persons locked in a front strangle hold and turning and carrying one away five hards - then repeat and carry the other away five yards - execution.
   10. Performing the prone pressure method of resuscitation - 1 1/2 minute.
   11. Executing a surface dive and recovering objects in water six to eight feet deep - 3 times.
   12. Approaching a person in deep water, then turning and carrying the same for five yards in each of the following ways: approach from the front; approach from the rear; approach from under water - execution.
   13. Swimming sixty feet; approaching, turning, and carrying subject sixty feet, using the head carry - execution.
   14. Swimming sixty feet; approaching, turning, and carrying subject sixty feet, using the cross chest carry - execution.
   15. Swimming sixty feet; approaching, turning and carrying subject sixty feet, using the hair carry - execution.
   16. Swimming sixty feet, approaching, turning, and carrying subject sixty feet, using the tired swimmer's carry - execution.

P.E. 42, Life Saving and Diving.

II. Diving
1. Hand stand dive - enter water vertically, hands together, feet together.
2. Hand stand somersault.
3. Forward jack knife dive 1/2 twist, standing or running-touch hands to toes, enter water vertically, hands together, feet together.
4. Header forward 1/2 screw, standing or running - enter water vertically, hands together, feet together.
5. Header forward 1 screw, standing or running - enter water vertically, hands together, feet together.
6. Somersault forward, standing or running - enter water vertically, hands together, feet together.
7. 1 1/2 somersault forward, standing or running -enter water vertically, hands together, feet together.
8. Somersault backward - enter water vertically, hands together, feet together.

III. Sportsmanlike conduct in swimming and diving.

IV. Healthmanship conduct in swimming and diving.

Term Paper. Each student is asked to prepare a paper (1000 to 2500 words) dealing with the subject of "Life Saving." The paper must cover the materials outlined below. The paper must be turned in during the tenth week of the semester, on a date set by the Instructor.

1. Describe the "Prone Pressure Method of Resuscitation" (200 to 500 words).
2. Answer the thirty questions presented on pages 27-28 of the manual "Red Cross Life Saving Methods."

Examinations. Each student is given two opportunities to be examined in items 1 to 16 under life saving and items 1 to 8 under diving, listed above. The first opportunity is given during the last six weeks of the semester. During this period the student may be examined in one event at a time, or two events at a time, or all events, as he chooses, and when he chooses. The second opportunity is given during the final examination period. In the second examination the student trys only those activities not previously passed. Two trials are given in each examination. Satisfactory performance in any one trial is credited as passing.

Grading Plan

Term paper	12 pts.
Performance test, 16 life saving activities (3 pts. each)	48 "
Performance test, 8 dives (4 pts. each)	32 "
Sportsmanship	4 "
Healthmanship	4 "
	100 pts.

P.E. 42, Life Saving and Diving

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. The proficiency examination in this course consists of a performance examination in all of the activities listed above under life saving with the exception of items 3, 4, 17 and 18 and all of the activities listed above under diving. Each student is given two trials at each activity. Students who secure a total of 15 points or more are awarded credit.

Intersectional Competition. There is no intersectional competition in this course.

Fig. 44. Skin diving and diving

Group Scale

60 or more pts.	I
50 - 59 pts.	II
40 - 49 pts.	III
30 - 39 pts.	IV
30 or less pts.	V

Statistical Computation: The preliminary examination in this course consisting of a performance condition in all of the activities listed above under life saving, with the exception of items 3, 4, 17 and 18 and in each of the aquatics listed above under diving. Each student is given two trials at each activity. Students who secure a total of 30 points or more are retained (pass).

Psychological Computation: There is no subjective computation in this course.

P. E. 43, WATER POLO AND ICE HOCKEY

Admission. This course is open only to students who can skate reasonably well, and who can swim two strokes (crawl, breast, back, or side) for 100 yards each.

Special Note. This course includes two activities, water polo and ice hockey. In the first semester water polo is taught during the first half, ice hockey during the second half; in the second semester the order is reversed.

Term Paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. Subject, "Nature and Wildlife." The paper must be turned in some time between the ninth week and the fifteenth week of the semester, on a date set by the Instructor.

Basher, Ray. Secrets of the Friendly Woods. New York: The Century Co., 1926. 220 p.

Chapman, F. M. Autobiography of a Bird Lover. New York: Appleton Century Co., 1933. 420 p.

Beebe, William. The Log of the Sun. Garden City: Garden City Publish. Co., 1906. 321 p.

Burroughs, John. In the Catskills. Boston: Houghton Mifflin Co., 1910. 251 p.

Crowder, Wm. A. A Naturalist at the Seashore. New York: The Century Co., 1928. 384 p.

Jaeger, Edmund C. Denigens of the Mountains. Springfield, Ill., Charles C. Thomas, 1929. 168 p.

Jefferies, Richard. Field and Hedgerow. New York: Longman's Green and Co., 1907. 328 p.

Mills, Enos A. The Adventures of a Nature Guide. New York: Doubleday Page & Co., 1920. 271 p.

Muir, John. My First Summer in the Sierra. New York: Houghton Mifflin Co., 1911. 354 p.

Rutledge, Archibald H. Peace in the Heart. New York: Doubleday Doran & Co., 1930. 316 p.

Scoville, Samuel. Everyday Adventures. Boston: Atlantic Monthly, 1920. 241 p.

Sharp, Dallah L. Sanctuary, Sanctuary. New York: Harper & Co., 1926. 227 p.

Thoreau, Henry D. A Week on the Concord and Merriman Rivers. New York: Chas. Scribner's Sons, 1921. 292 p.

Torrey, Bradford. Footing it in Franconia. Boston: The Houghton Mifflin Co., 1901. 251 p.

White, Gilbert. The Natural History of Selborne. London: Walter Scott. 366 p.

The proficiency examination in the course covers both activities. In order to secure proficiency examination credit, a student must secure a minimum of 30 points in each examination.

Water Polo

Costume. Black rubber swimming cap.

Textbook. Official Rules, Swimming, Diving and Water Polo (Water Soccer), 91 R. New York: American Sports Pub.Co.,1935. 155 p.

Objective. The ultimate (conduct) objective of this part of the course is: Playing water polo, according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control)objectives are as follows:

F. S. A. Units 2000 and 101 (CONT)

Leadership. This course is now only to examine the one main responsibility well, and the one area the athletic leader, coach, teacher, or other (or not) would use.

Teaching Plan. This course involves the activities, which are not the method. In the first semester extra time is taken during the first week, the second week during the second half of the second semester the other is returned.

Text Book. Each individual is asked to present a report [illegible] to [illegible] of one of the following books: [illegible] Athletic Director.

Bryn, Ray. Secrets of the Fight in Texas. Ft. Worth: The Dallas Co., 1961. 320 p.

Cousins, F. W. Autobiography of a Big Leaguer. San Jose: Auldon Co., 1955. 320 p.

Dyer, William. The Log of the Bus. Dallas: Big Bear City Publish. Co., 1960. 321 p.

Sullivan, 1960. In the Character. Boston: Houghton Mifflin Co., 1960. 321 p.

Cowles, Mr. A. A Biography of the Bandmaster. San Jose: The Author Co., 1960. 321 p.

[illegible], Donna C. Principles of Ice Skating. Boston: [illegible] Mifflin, Donna C. Boston, 1961. 160 p.

Jackson, Blanche. Girls in the Wilderness. Ft. Worth: Longmeadow Press Co., 1957. 320 p.

Tilly, Dan A. The Adventures of a Little Dance. [illegible] 1961. Longmeadow Press Co., 1960. 277 p.

[illegible], Jim. My First Season in the Minors. San Jose: [illegible] Mifflin Co., 1961. 321 p.

Mulhoon, Frank B. Fear in the Night. Ft. Worth: Longmeadow Press Co., 1960. 321 p.

Moyville, Frank. Playing Lacrosse. Boston: [illegible] Mifflin, 1960. 321 p.

Hoy, Dallas S. Football, Fundamentally. San Jose: [illegible] Co., 1961. 321 p.

Cousins, Harry M. A Year on the Cowpoke and Training Horse. San Jose: Dodd, Mifflin Co., 1960. 321 p.

Ruth, Babe. Training Tricks of a Professional Baseball Player. Boston: Mifflin Co., 1961. 321 p.

Mills, Gilbert. The Street Gymnasium in Baltimore. Boston: Mifflin Co., 1960. 321 p.

The portfolio requirements in the course covers six questions. In order to cover pertinent, essential details, a student may choose 2 areas of [illegible] in each [illegible].

Part I

Question. Name three [illegible] [illegible].

Interest. Original Table, Personal, Using [illegible] Mifflin Company, 1961. San Jose: Mifflin Company, 1960. 321 p.

Summary. The attitude (personal) [illegible] of his [illegible] [illegible] [illegible]

1. skill in swimming the crawl stroke
2. skill in starting, turning, and stopping while swimming
3. skill in dribbling the ball
4. skill in making a forward pass
5. skill in making a backward pass
6. skill in receiving a passed ball
7. skill in throwing goals in play
8. skill in intercepting a passed ball
9. skill in making penalty throws
10. skill in retaining the ball from a tackler
11. skill in tackling an opponent with the ball and securing possession of the ball
12. knowledge of the rules
13. knowledge of water polo nomenclature
14. knowledge of offensive strategy
15. knowledge of defensive strategy
16. disposition to play water polo in a sportsmanlike manner
17. disposition to play water polo in a healthmanlike manner
18. condition to play a game of water polo without undue fatigue

Examinations. There are three examinations in this part of the course. 1. A written examination on the rules of water polo is given about the third week. 2. A demonstration examination covering five skills is given during the last two meetings of the class. 3. A performance examination consisting of playing a game (2 five-minute periods) is given just after the close of the season on a date set by the Instructor (in the first semester) or during the final examination period (in the second semester).

Grading Plan

Term paper	15 pts.
Written test, 10 questions (1 pt. each)	10 "
Demonstration test, 5 skills (2 pts. each)	10 "
Performance test (playing a game)	25 "
Sportsmanship	2 "
Healthmanship	3 "
	65 pts.

Proficiency Examination. The proficiency examination in water polo covers the same items as the regular examination (excepting sportsmanship and healthmanship) and is scored in the same manner. (See Special Note).

Intersectional Water Polo Tournament. Each class is asked to enter a team of eight players in the tournament. The tournament is conducted on the elimination basis. All games consist of two five minute periods. The players on the winning team are awarded medals.

P.E. 10, Water Polo and Ice Hockey

1. skill in exhaming the canal stroke
2. skill in starting, turning, and stopping while swimming
3. skill in dribbling the ball
4. skill in making a forward pass
5. skill in making a backward pass
6. skill in receiving a passed ball
7. skill in throwing goals in play
8. skill in intercepting a passed ball
9. skill in making penalty throws
10. skill in retaining the ball from a tackler
11. skill in tackling an opponent with the ball and securing possession of the ball
12. knowledge of the rules
13. knowledge of water polo nomenclature
14. knowledge of offensive strategy
15. knowledge of defensive strategy
16. disposition to play water polo in a sportsmanlike manner
17. disposition to play water polo in a healthmanlike manner
18. condition to play a game of water polo without undue fatigue

Examinations. There are three examinations in this part of the course. 1. A written examination on the rules of water polo is given about the third week. 2. A demonstration examination covering five skills is given during the last two meetings of the class. 3. A performance examination consisting of playing a game (2 five-minute periods) is given just after the close of the season on a date set by the instructor (in the first semester) or during the final examination period (in the second semester).

Grading Item

Term paper	15 pts.
Written test, 30 questions (1 pts. each)	10 "
Demonstration test, 5 skills (3 pts. each)	10 "
Performance test (playing a game)	25 "
Sportsmanship	2 "
Healthmanship	1 "
	25 pts.

Proficiency Examination. The proficiency examination in water polo covers the same items as the regular examination (excepting sportsmanship and healthmanship) and is scored in the same manner. (See Special Note)

Intercontinental Water Polo Tournament. Each class is asked to enter a team of eight players in the tournament. The tournament is conducted on the elimination basis. All games consist of two five minute periods. The officers on the winning team are awarded medals.

P.E. 43, Water Polo and Ice Hockey.

Ice Hockey

Equipment. Ice skates and hockey stick

Textbook. Sayles, A. and Hallock, G. Ice Hockey. New York: A. S. Barnes and Co., 1931. 132 p.
Official Ice Hockey Guide, 92 R. New York: American Sports Publishing Co., 1935.

Objective. The ultimate (conduct) objective of this part of the course is: Playing ice hockey according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate control objectives are as follows:

1. skill in starting, turning, and stopping while skating
2. skill in handling the stick
3. skill in bullying
4. skill in dribbling the puck past opponents
5. skill in passing the puck
6. skill in receiving a pass
7. skill in intercepting a pass
8. skill in shooting the puck at the goal
9. skill in intercepting a shot at the goal
10. skill in tackling an opponent with the puck and securing possession of the same
11. skill in retaining the puck from a tackler
12. knowledge of the rules
13. knowledge of offensive strategy
14. knowledge of defensive strategy
15. knowledge of ice hockey nomenclature
16. disposition to play ice hockey in a sportsmanlike manner
17. disposition to play ice hockey in a healthmanslike manner
18. condition to play a game of 3 ten-minute periods without undue fatigue

Examinations. There are three examinations in this part of the course. 1. A written examination on the rules of ice hockey is given about the third week. 2. A demonstration examination covering five skills is given during the last two meetings of the class. 3. A performance examination consisting of playing a game (3 ten-minute periods) is given during the final examination period (in the first semester) or just after the close of the season on a date set by the Instructor (in the second semester).

Grading Plan

Written test, 10 questions (1 pt. each)	10 pts.
Demonstration test, 5 skills (2 pts. each)	10 "
Performance test (playing a match)	25 "
Sportsmanship	3 "
Healthmanship	2 "
	50 pts.

[illegible]

Ice Hockey

Equipment. Ice hockey and hockey stick

Textbook. Boyles, A. and Bullock, G. Ice Hockey. New York: [illegible] Barnes and Co., 1937, 143 p.
Official Ice Hockey Guide, 95 R. New York: American Sports Publishing Co., 1935.

Objective. The ultimate (product) objective of this part of the course is: Playing ice hockey according to medical and hygienic standards. The standard of achievement is: Reasonably well. The immediate central objectives are as follows:

1. Skill in starting, turning, and stopping while skating
2. Skill in handling the stick
3. Skill in bullying
4. Skill in dribbling the puck pass opponents
5. Skill in passing the puck
6. Skill in receiving a pass
7. Skill in intercepting a pass
8. Skill in shooting the puck at the goal
9. Skill in intercepting a shot at the goal
10. Skill in tackling an opponent with the puck and securing possession of the puck
11. Skill in retaining the puck from a tackler
12. Knowledge of the rules
13. Knowledge of effective strategy
14. Knowledge of defensive strategy
15. Knowledge of ice hockey nomenclature
16. Disposition to play the hockey in a [illegible] manner
17. Disposition to play the hockey in a [illegible] manner
18. Capacity to play 6 [illegible] of 5 [illegible] without [illegible]

Examinations. There are three examinations in this part of the course: a written examination on the rules of ice hockey is given about the third week. 2. A demonstration examination covering free skills is given during the last two weeks of the class. 3. A performance examination consisting of playing a game (2 ten minute periods) is given during the final examination period (in the first semester) or just after the close of the season on a date set by the Instructor (in the second semester).

Grading Plan

Written test, 10 questions (2 pt. each)	10 pts.
Demonstration test, 2 skills (2 pts. each)	10 "
Performance test (playing a game)	20 "
Sportsmanship	5 "
Leadership	5 "
	50 pts.

P.E. 43, Water Polo and Ice Hockey

Proficiency Examination. The proficiency examination in ice hockey covers the same items as the regular examination (excepting sportsmanship and healthmanship) and is scored in the same manner (See Special Note).

Intersectional Hockey Tournament. Each class is asked to enter a team of eight players in the tournament. The tournament is conducted on the elimination basis. All games consist of 3 ten-minute periods. The players of the winning team are awarded medals.

Final Grade

The final grade for the course is derived from the total of the scores received in the two activities in terms of the following scale:

100 or more pts.	A
90 - 99 pts.	B
80 - 89 pts.	C
70 - 79 pts.	D
69 or less pts.	E

Fig. 45. Water Polo and Ice Hockey

Qualitative Evaluation. The qualitative evaluation above covers the use, if any, of the regular evaluation (activity sport, coaching and qualitatively) and is serious in the same manner (see special form).

Intersectional Water Tournament. Each class is asked to enter a team of eight players in the tournament. The tournament is conducted on the elimination basis. All games consist of 3 regulation periods. The objective of the existing team was achieved modally.

Final Grade

The final grade for his course is derived from the total of the scores obtained in the two activities in terms of the following scale:

100 and more pts.	A
90 - 99 pts.	B
80 - 89 pts.	C
70 - 79 pts.	D
60 or less pts.	E

P. E. 44, HANDBALL

Costume and Equipment. Blue cotton drill shorts with orange stripes, white wool socks, canvas-rubber shoes, hand ball gloves, and a regulation hand ball.

Textbook. A. A. U. Handball Rules. New York: American Sports Publishing Co., 1935.

Objectives. The ultimate (conduct) objective of the course is: Playing four-wall hand ball, according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives, in other words, the specific materials taught in the course, are indicated below:

1. Skill in serving
2. Skill in receiving the service
3. Skill with both the left and right hands in returning balls to the front wall in all of the following standard manners
   - under arm swing
   - side arm swing
   - pick up
   - punch
4. Skill with both the left and right hands in returning balls traveling in the following manners
   - balls coming off front wall
   - balls coming off side walls
   - balls coming off back wall
   - balls coming out of back corners
5. Knowledge of the rules (singles, doubles and cut throat)
6. Knowledge of the technique of play in singles, doubles, and cut throat
7. Disposition to observe the standards of conduct (sportsmanship) universally accepted in playing handball
8. Disposition to observe reasonably hygienic standards in connection with playing handball
9. Condition to play a match of 3 games without undue fatigue

Term Paper. Each individual is asked to prepare a paper (1000 to 2500 words) on the subject, "Municipal Recreation." The paper may deal with any phase of the subject the writer chooses, such as, "The Need for Organized Recreation in a Modern City", "The Layout and Construction of a Model Playground", "A Model Playground Program", "The Recreational Facilities Needed in My Home City", etc. The paper should include references from at least two sources. The paper must be turned in some time between the tenth week and the fourteenth week of the semester on a date set by the Instructor. Reference topics: Recreation, Play. Reference Magazines: Recreation, Parks and Recreation.

Examinations. There are three examinations in the course. A new type written examination covering rules and strategy is given during the fourth week. A performance examination consisting of playing ten matches in a round robin tournament - five in class and five outside of class - is given during the last four weeks of the semester. A demonstration examination covering five

V. [illegible]

[illegible]

[illegible]

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skills selected by the Instructor is given during the final examination period.

Grading Plan

Term paper	15 pts.
Written test, 10 questions (1 pt. each)	10 "
Performance test-partial round robin tournament 10 matches (2 out of 3 regulation games)	50 "
10 wins - 50 pts. 4 wins - 32 pts.	
9 wins - 47 " 3 wins - 29 "	
8 wins - 44 " 2 wins - 26 "	
7 wins - 41 " 1 win - 23 "	
6 wins - 38 " 0 wins - 20 "	
5 wins - 35 "	
Demonstration test, 5 skills (3 pts. each)	15 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

Grade Scale

90 or more pts.	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. The proficiency examination in handball includes a written examination on the rules and strategy (15 questions, 1 pt. each), a demonstration examination on the fundamental skills (5 skills, 3 pts. each), and a performance examination consisting of playing a game of handball (60 pts). The first two examinations are scored in the same manner as the regular examinations. The third is scored subjectively. Students receiving a score of sixty or more is awarded credit.

Intersectional Handball Tournaments (Singles and Doubles). Each class is asked to enter a minimum of four singles players and two doubles teams in these tournaments. A player may enter both tournaments. The tournaments are conducted on the elimination basis. A match consists of two out of three regulation games. The winners and runners-up in both tournaments are awarded medals.

P. E. 45, SQUASH RACQUETS

Costume and Equipment. Blue cotton drill shorts, with orange stripes, white wool socks, canvas-rubber shoes, wood squash racquet bat, and squash racquet ball.

Textbook. Amr, F. D. The Art of Squash Racquets. London: Chapman and Hall, 1934. 142 p.

Objectives. The ultimate (conduct) objective of this course is: Playing squash racquets according to social and hygienic standards. The standard of achievement is: Reasonably well. The immediate (control) objectives, in other words, the specific skills, knowledges, dispositions, and conditions taught in the course, are listed below:

1. Skill in serving
2. Skill in returning service
3. Skill in hitting ball off front wall with forehand stroke
4. Skill in hitting ball off front wall with back hand stroke
5. Skill in hitting ball off side wall with forehand stroke
6. Skill in hitting ball off side wall with back hand stroke
7. Skill in hitting ball off back wall with forehand stroke
8. Skill in hitting ball off back wall with back hand stroke
9. Knowledge of the rules
10. Knowledge of offensive strategy
11. Knowledge of defensive strategy
12. Disposition to play in a sportsmanlike manner
13. Disposition to observe reasonable hygienic standards in playing squash racquets
14. Condition to play a match of 5 games without undue fatigue

Term Paper. Each individual is asked to prepare a review (1000 to 2500 words) of one of the references given below. The paper must be turned in during the ninth week, eleventh week, thirteenth week or fifteenth week of the semester, on a date set by the Instructor.

Gulick, L. H. A Philosophy of Play. New York: C. Scribner's Sons, 1920. 291 p.

Hardy, H. F. H. English Sport. London: Country Life, Ltd., 1932. 186 p.

Kennedy, Charles. College Athletics. Princeton: Princeton University Press, 1925. 72 p.

McBride, Peter. The Philosophy of Sport. London: Heath Cranton, 1932. 190 p.

Nash, Jay B. Spectatoritis. New York: Sears Publishing Co., 1932. 284 p.

Powell, Peter. Goodbye Games. London: The Search Publishing Co., Ltd., 1932. 73 p.

Rogers, Frederick R. The Amateur Spirit in Scholastic Games and Sports. Albany: C. F. Williams & Son, 1929. 148 p.

Rogers, Frederick R. The Future of Interscholastic Athletics. New York: Teachers College (Columbia University), 1929. 137 p.

Steiner, Jesse F. Americans at Play. New York: McGraw Hill Book Co., 1932. 201 p.

P.E. 45, Squash Racquets.

Tunis, John R. Sports: Heroics & Hysterics. New York: The John Day Company, 1928. 283 p.

Williams, J. F. and Morrison, W. L. A Textbook of Physical Education. Philadelphia: W. B. Saunders Co., 1931. 343 p.

Young, Chas. V. P. How Men Have Lived. Boston: The Stratford Co., 1931. 313 p.

Examinations. There are three examinations in this course. A written examination covering the rules and strategy. This is given during the eighth week of the semester. A performance examination consisting of playing ten matches in a round robin tournament - five in class, and five outside of class. This is given during the last four weeks of the semester. A demonstration examination covering five skills selected from those listed above. This is given during the final examination period.

Grading Plan

Term paper	15 pts.
Written test, 10 questions (1 pt. each)	10 "
Performance test, partial round robin tournament, 10 matches, (3 out of 5 regulation games)	50,"
10 wins - 50 pts. 4 wins - 32 pts.	
9 wins - 47 " 3 wins - 29 "	
8 wins - 44 " 2 wins - 26 "	
7 wins - 41 " 1 win - 23 "	
6 wins - 38 " 0 wins - 20 "	
5 wins - 35 "	
Demonstration test, 5 skills (3 pts. each)	15 "
Sportsmanship	5 "
Healthmanship	5 "
	100 pts.

90 or more points	A
80 - 89 pts.	B
70 - 79 pts.	C
60 - 69 pts.	D
59 or less pts.	E

Proficiency Examination. The proficiency examination in squash racquets includes a written examination on the rules and strategy (15 questions, 1 pt. each), a demonstration examination on fundamental skills (5 skills, 3 pts. each), and a performance examination consisting of playing a game of squash racquets (60 points). The first two examinations are scored in the same manner as the regular examinations. The third examination is scored subjectively. Students securing a score of 60 points or more are awarded credit.

Intersectional Squash Racquets Tournament. Each class is asked to enter a minimum of four players in this tournament. The tournament is conducted on the elimination basis. A match consists of three out of five regulation games. The winner and runner-up are awarded medals.

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